

DENVER BRONCOS
1996 OFF-SEASON PROGRAM

WEEKS: 5-6-7-8
MAY 6-27

Rich Tuten
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Englewood, Co. 80112
303-649-9000
303-649-0541

Week 5 - May 6
WORKOUT TIMES: 8:30, 10:30, 1:30
BE ON TIME

Monday, May 6

Lift Upper Body

No Running Scheduled

Tuesday, May 7

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Jump Rope Drills

2x's 25 yards each

Run forward jumping rope

Backpedal turning rope forward

Run laterally turning rope forward

Run forward jumping rope

5 yard square: Forward/Lateral/Backpedal/Lateral

5 yard circle: Run right/left

20 yard cross: Forward/Backpedal/Forward, Lateral right/left/right

Repeat all drills until completed without mistakes

Set 3: Sit ups

Thursday, May 9

SPECIAL WORKOUT TIMES: 7:00a, 11:00a, 1:30p

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Interval Training

4x's 100 yard striders

6x's 40 yard striders

Set 3: Shuttle Drills

2x's 60 yard shuttle (5-10-15)

Run 1 forward, 1 forward w/backpedal

3x's 30 yard shuttle (5-10)

Run 2 forward, 2 slide R/L

4x's 20 yard shuttle (5-10-5)

Run 2 forward, 2 forward w/backpedal, 2 slide

Friday, May 10

Lift Lower Body

Set 1: Bag Drills/Plyometrics

If no Bags available, Jump Rope Drills/Plyometrics

Set 2: Sit ups

Week 6 - May 13

Monday, May 13

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Interval Training

Rest twice as long as you run

QB/WR/RB/TE/DB/LB

6x's 100 yard striders

4x's 40 yards, 6x's 30 yards, 8x's 20 yards

Rest 1:30 after 100's, 40x's, and 30's

LINEMAN

1 X 340 (1 lap) under 1:10

2 x 200 (gl to gl) under :40

2 x 170 (1/2 lap) under :35

POSITION SKILLS:M/TH

WR/TE/RB: RUN THROUGH ROUTES

DB/LB: PASS DROPS/"W" DRILL

QB: SET UPS/THROWS

OL: SET UPS/PULLS/STEPS

DL: STEPS/PASS RUSH

Tuesday, May 14

SPECIAL WORKOUT TIMES: 7:00a,11:00a,1:30p

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Jump Rope Drills

Set 3: Sit ups

Thursday, May 16

SPECIAL WORKOUT TIMES: 7:00a,11:00a,1:30p

Lift Upper body

Set 1: Warm up drills, stretch

Set 2: Shuttle Drills

Rest 2x's run time

1x's 300 yards (50 and back 3 times)

Line 1:02, LB/TE/QB :58, WR/RB/DB :54

2x's 200 yards (50 and back 2 times)

Line :41, LB/TE/QB :38, WR/RB/DB :36

3x's 100 yards (50 and back)

Line :20, :18, :16

Friday, May 17

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Bag Drills/Plyometrics

If no Bags available, Jump Rope Drills/Plyometrics

Set 3: Sit ups

Week 7: May 20

Monday, May 20

POSITION SKILLS:M/TH

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Interval Training

Rest 2x's run time

QB/WR/RB/TE/DB/LB

4x's 170 under :26, :28

6x's 100 under :14, :16

8x's 40 under :05.5, :06.0

LINEMAN

2x's 340 (1 lap) under 1:10

3x's 200 (gl to gl) under :40

4x's 170 (1/2 lap) under :35

Tuesday, May 21

SPECIAL WORKOUT TIMES: 7:00a,11:00a,1:30p

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Bag Drills - no Bags available, Jump Rope Drills

Set 3: Plyometrics Drills (2x's 25 yards each)

Long Jump - 1 jump at a time

Speed Jump - do not pause between jumps

Bag Jumps - 2x's :30

Set 4: Sit ups

Thursday, May 23

SPECIAL WORKOUT TIMES: 7:00a,11:00a,1:30p

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Shuttle Drills

Rest 2 times run time

1 x 300 yards: 25 back 6x's

1 x 200 yards: 20 back 5x's

2 x 150 yards: 15 back 5x's (1 forward w/backpedal, 1 slide)

2 x 100 yards: 10 back 5x's (1 forward, 1 carioca)

Friday, May 24

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Jump Rope Drills

Set 4: Sit ups

Week 8 - May 27

Monday, May 27
Memorial Day - OFF

Tuesday, May 28

POSITION SKILLS:T/F

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Interval Training

1 x 400 yards (gl/gl/gl) 1:14, 1:18, 1:22

1 x 340 yards (1 lap) 1:02, 1:06, 1:10

1 x 200 yards (gl/gl) :34, :37, :40

2 x 170 yards (1/2 lap) :30, :33, :35

Wednesday, May 29

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Bag Drills/Plyometrics

If no Bags available, Jump Rope Drills/Plyometrics

Set 3: Sit ups

Thursday, May 30

SPECIAL WORKOUT TIMES: 7:00a, 11:00a, 1:30p

Lift Upper Body

Set 1: Warm up drills, stretch

Set 2: Shuttle Drills

Rest 2 times run time

2x's 100 yards (5-10-15-20)

3x's 60 yards (5-10-15)

4x's 30 yards (5-10)

4x's 20 yards (5-10-5)

Friday, May 31

Lift Lower Body

Set 1: Warm up drills, stretch

Set 2: Jump Rope Drills

Set 4: Sit ups

WEEKS 10-11-12-13-14-15 (JUNE 10-JULY 16) WILL BE GIVEN OUT AT THE JUNE 3rd THROWING CAMP.

WK 5: BACKS

Bodyweight: 0/0

Comment :

: #: 5

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
rep max/exercise	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

MONDAY

0 BENCH PRESS	10	7	5			
0 OVERHAND PULL-UPS	10	10	10			
0 45 DEGREE INCLINE	10	10				
0 CLOSE GRIP LAT	10	10				
0 DB SHOULDER PRESS	10	10				
0 UPRIGHT ROW - PLATES	10	10				
0 TRICEP PUSHDOWN	12	12				
0 PREACHER BICEP CURL	10	10				
0 FOREARM/WRIST CURL	25					
0 MANUAL NECK = 4X10						

TUESDAY

0 JUMP ROPE/BIKE 3:00						
0 LUNGE AROUND ROOM	20					
0 HAMSTRING CURL	12	12				
0 LUNGES - ALT LEGS	12					
0 HIP FLEXER	15					
0 SIDE HIP KICKS	15					
0 BACK SQUATS	12	8				
0 HIP SLED	12					
LEG EXTENSION	12					
0 E-Z BAR DEADLIFT	8	8				
0 CALF/TOE RAISES	25	25				

WEDNESDAY

0 45 DEGREE INCLINE	10	7	5			
0 LOW LAT PULL	8	8	8			
0 CLOSE GRIP BENCH	8	8				
0 UNDERHAND CHIN UPS	10	10				
0 SIDE/FRONT RAISE-PTS	10	10				
0 M. UPRIGHT ROW/SHRUG	8	8				
0 BENCH PUSH UPS	15	15				
0 MANUAL BICEP CURL	8	8				
0 FOREARM/WRIST CURL	25					
0 MANUAL NECK = 4X10						

THURSDAY

0 JUMP ROPE/BIKE 3:00						
0 LUNGE AROUND ROOM	20					
0 HAMSTRING CURL	12	12				
0 LUNGES - ALT LEGS	12					
0 HIP FLEXER	15					
0 SIDE HIP KICKS	15					
0 BACK SQUATS	12	8				
0 HIP SLED	12					
LEG EXTENSION	12					
0 E-Z BAR DEADLIFT	8	8				
0 CALF/TOE RAISES	25	25				

FRIDAY

WK 5:LINE:60-91

Bodyweight: 0/0

Comment :

Week #: 5

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Rep max/exercise	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

MONDAY

0 BENCH PRESS	8	7	6	5		
0 DB INCLINE BENCH	8	8	8			
0 DIPS	15	15				
0 SIDE/FRONT RAISE-PTS	10	10				
0 STRAIGHT BAR SHRUGS	15	15				
0 TRICEP PUSHDOWN	12	10	8			
0 BENCH PUSH UPS	15	15	15			
0 MANUAL NECK = 4X10						

TUESDAY

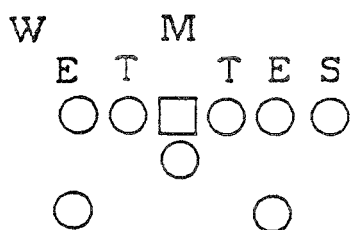
0 JUMP ROPE/BIKE 3:00						
0 HIGH LAT PULL	10	10	10			
0 E-Z BAR CURL	12	12				
0 MANUAL BICEP CURL	10	10				
0 FOREARM/WRIST CURL	25					
0 HAMSTRING CURL	10	10				
0 LUNGES - ALT LEGS	12					
0 BACK SQUATS	8	7	6	5		
0 HIP SLED	12					
0 LEG EXTENSION	12					
0 E-Z BAR DEADLIFT	8	8				
0 CALF/TOE RAISES	25	25				

THURSDAY

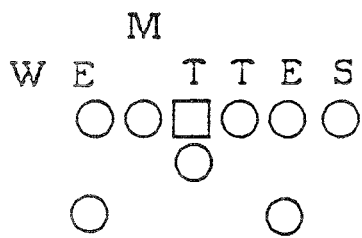
0 45 DEGREE INCLINE	8	7	6	5		
0 DB CHEST PRESS	10	10	10			
0 HAMMER INCLINE	10	10				
0 BM SHOULDER PRESS	12	12				
0 UPRIGHT ROW - PLATES	10	10				
0 E-Z TRICEP PRESS	10	10	10			
0 WIDE GRIP PUSH UPS	15	15				
0 MANUAL NECK = 4X10						

FRIDAY

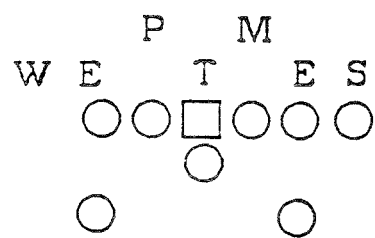
0 JUMP ROPE/BIKE 3:00						
0 CLOSE GRIP LAT	10	10	10			
0 STRAIGHT BAR CURL	12	12				
0 PREACHER BICEP CURL	12	12				
0 FOREARM/WRIST CURL	25					
0 HAMSTRING CURL	10	10				
0 LUNGES - ALT LEGS	12					
0 FRONT SQUATS	8	7	6	12		
0 HIP SLED	12					
0 LEG EXTENSION	12					
0 E-Z BAR DEADLIFT	8	8				
0 CALF/TOE RAISES	25	25				



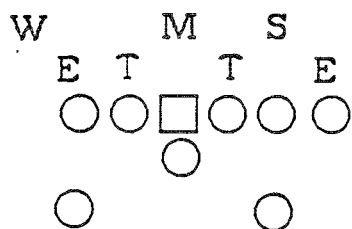
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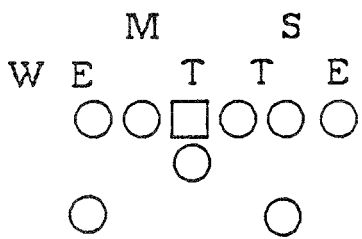
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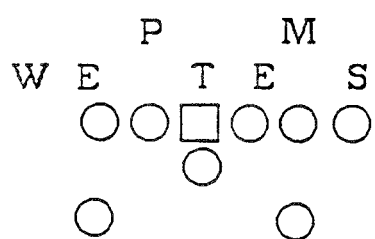
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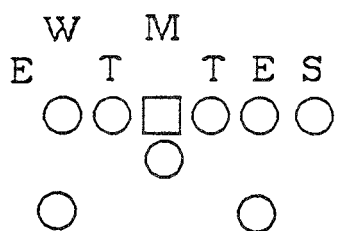
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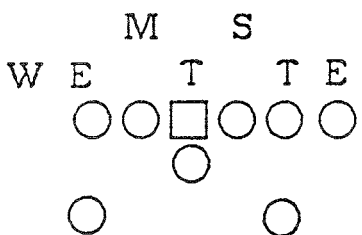
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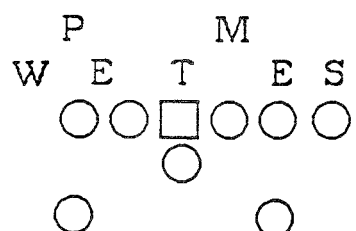
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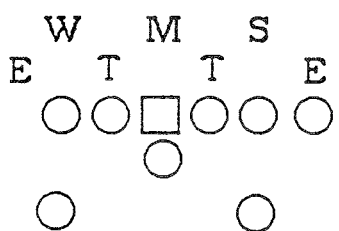
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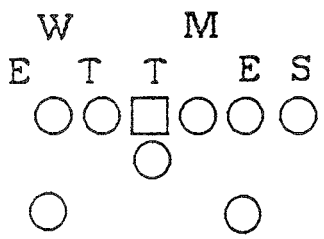
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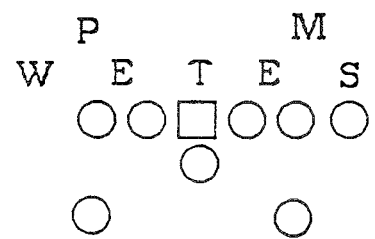
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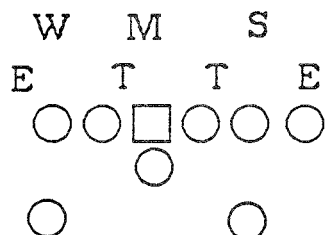
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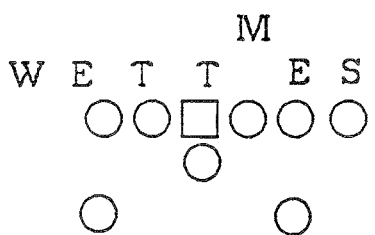
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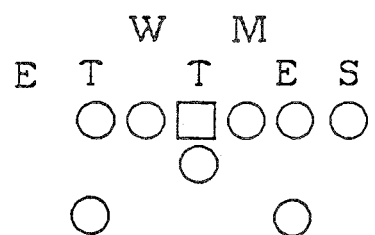
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CB

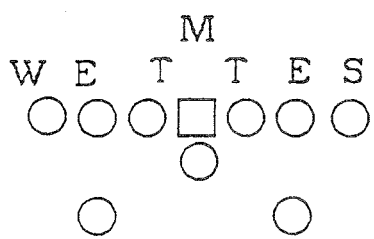


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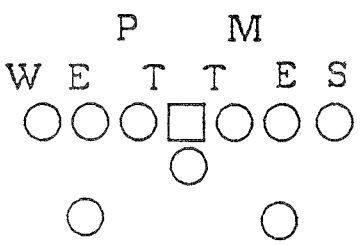
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GL & SY S & W in 3 point



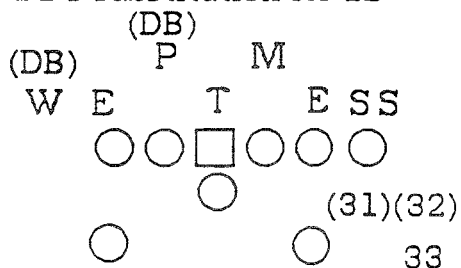
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GL & SY S & W in 3 point



62

DB's substitution for LB



33

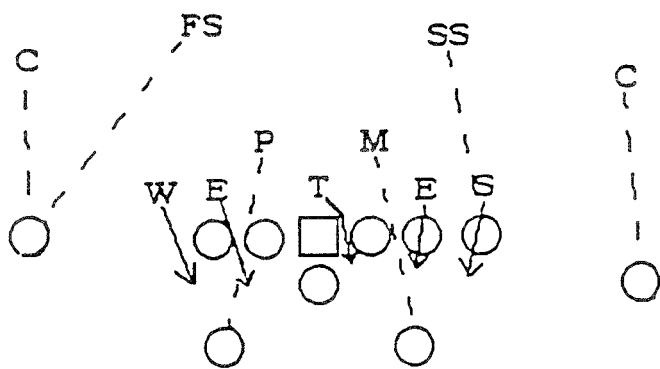
<p>(SS UP)</p> <p>W E M T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>51</p>	<p>SS M</p> <p>W E T E P S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>39 Navajo</p>	<p>(Stretch)</p> <p>W S</p> <p>E T T S S E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>42 S</p>
<p>(Stretch)</p> <p>W E M T T S E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>51 S</p>	<p>SS M</p> <p>E T T E W S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>29 Navajo</p>	<p>(King=Overshift) (Stretch)</p> <p>W</p> <p>N E T T S E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>42 KS</p>
<p>(SS UP)</p> <p>W E M T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>51 A</p>	<p>SS M</p> <p>W E T T S E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>59 Navajo</p>	<p>(Queen=Undershift)</p> <p>W S SS</p> <p>E T T E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>42 Q</p>
<p>(MLB offset st)</p> <p>W M</p> <p>E T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>45 +</p>	<p>W SS</p> <p>E T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>29</p>	<p>P M</p> <p>W E T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>345</p>
<p>(FS UP) (MLB offset st)</p> <p>F M</p> <p>W E T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>43 + 8</p>	<p>N SS</p> <p>E T T E W S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>42 Navajo</p>	<p>P M</p> <p>W E T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>347</p>
<p>(MLB offset wk) (SS UP)</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>43 - 8</p>	<p>DB's substitution for LB</p> <p>(DB) (DB)</p> <p>W S SS</p> <p>E T T E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>(40)(41)</p> <p>42</p>	<p>P M S</p> <p>W E T E</p> <p>○ ○ □ ○ ○ ○</p> <p>○ ○</p> <p>349</p>

[illegible]

A diagram showing a network of nodes and connections. The nodes are represented by circles and squares. The connections are labeled with letters: C, FS, SS, W, E, P, M, T, S. The connections are as follows: C to a circle node (dashed line), FS to a circle node (dashed line), SS to a circle node (dashed line), W to a circle node (solid line), E to a circle node (solid line), P to a circle node (solid line), M to a circle node (solid line), T to a square node (solid line), and S to a circle node (solid line). The square node is connected to a circle node below it (solid line). The circle node below the square node is connected to a circle node below it (solid line). The circle node below the square node is connected to a circle node below it (solid line). The circle node below the square node is connected to a circle node below it (solid line).

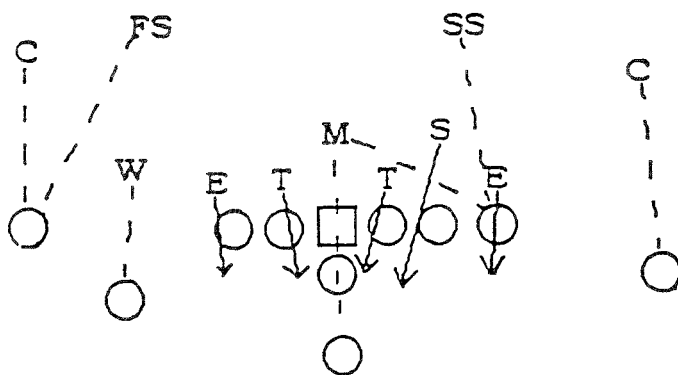
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COVER 0



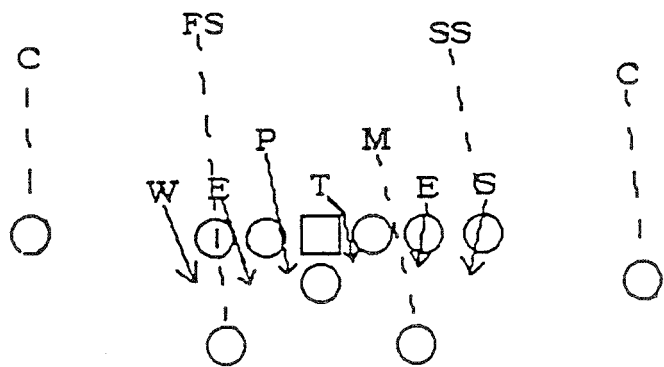
(W and S) 34

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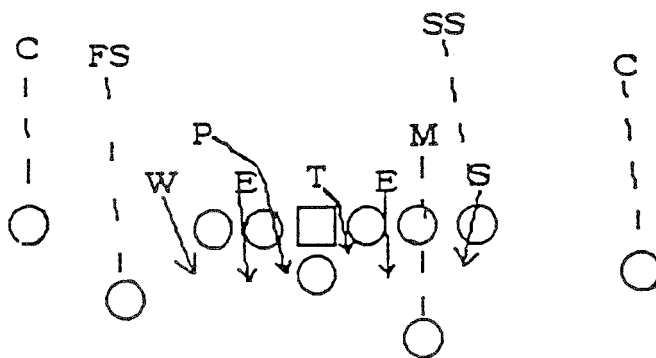
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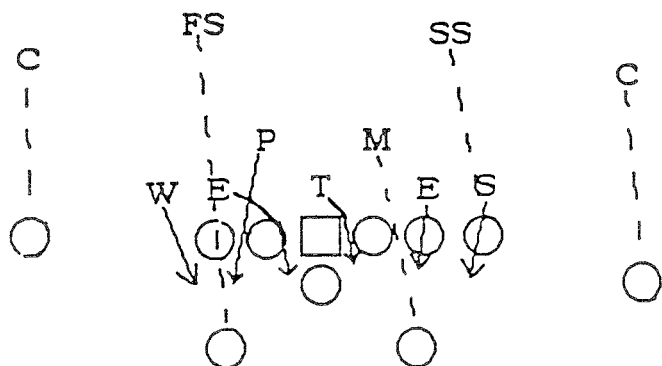
(W, P and S) 34

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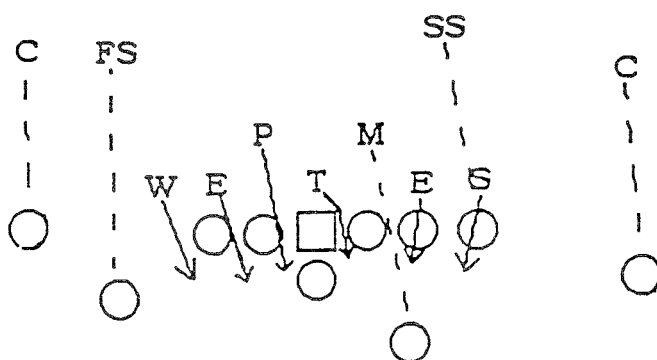
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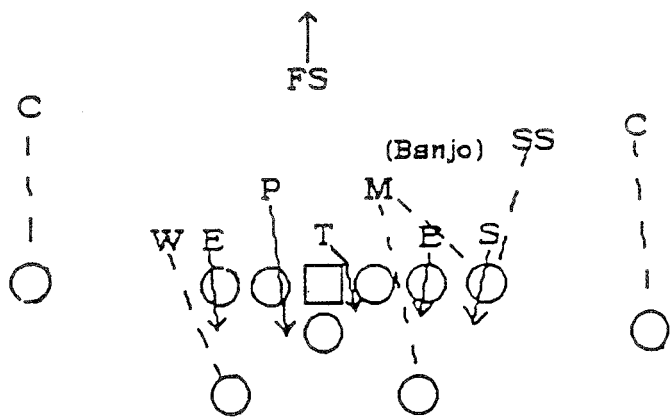
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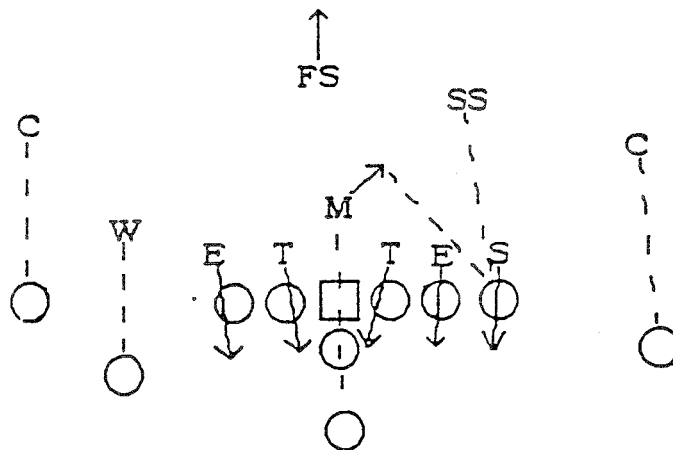
(W, P and S) 35

COVER 1



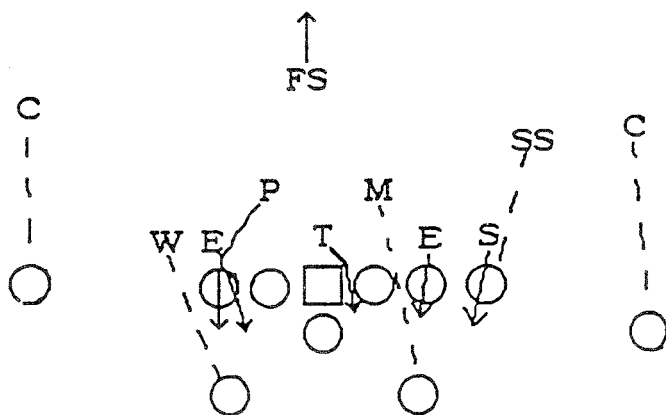
(P and S) 34

COVER 1



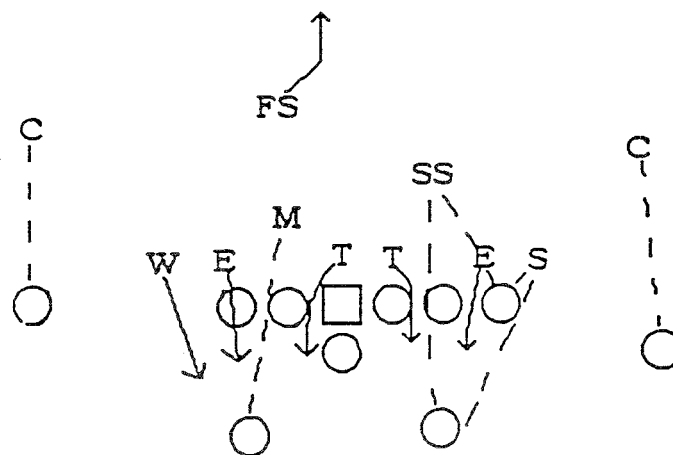
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COVER 1



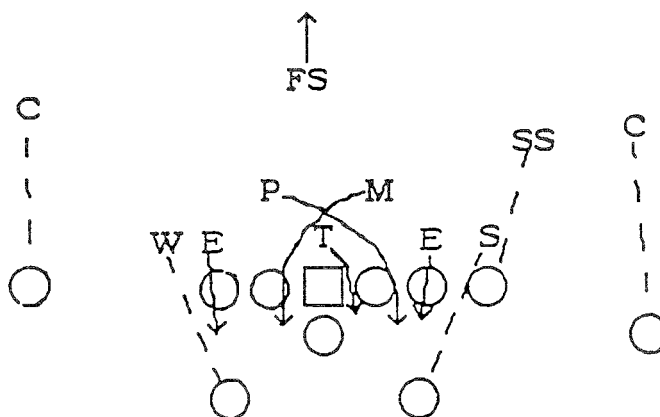
(P and S) 34

COVER 1



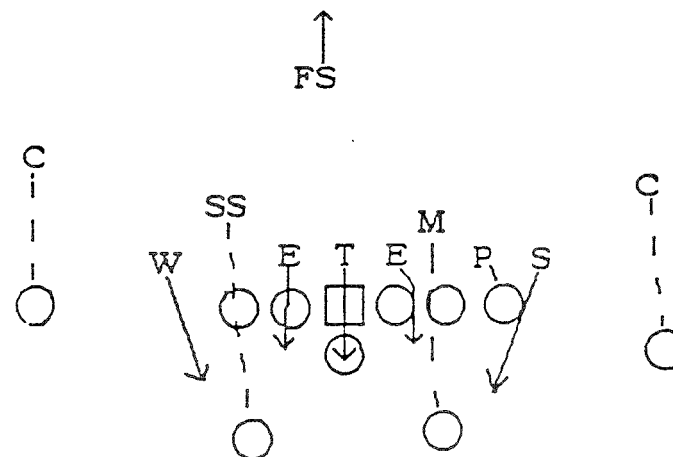
(W) 51 A

COVER 1



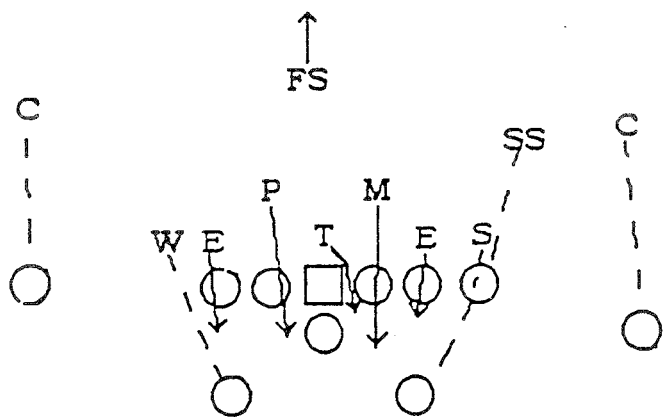
(P and M) 34

COVER 1



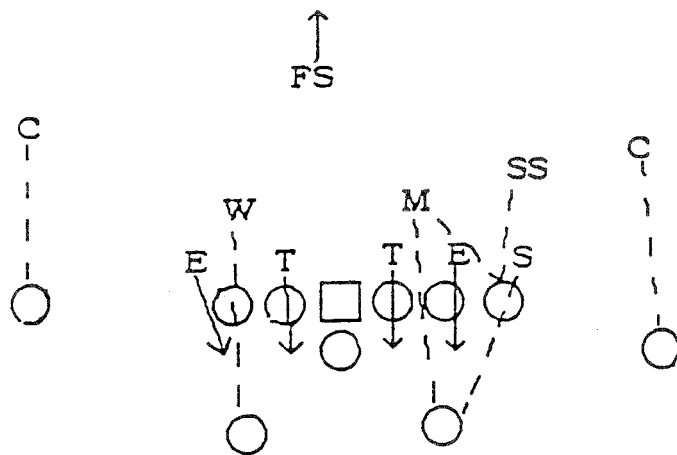
(W and S) 39 NAVAJO

COVER 1

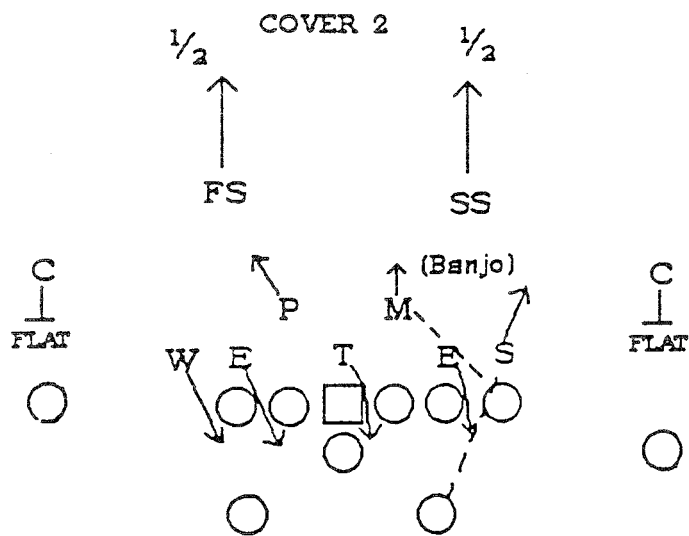


(P and M) 34

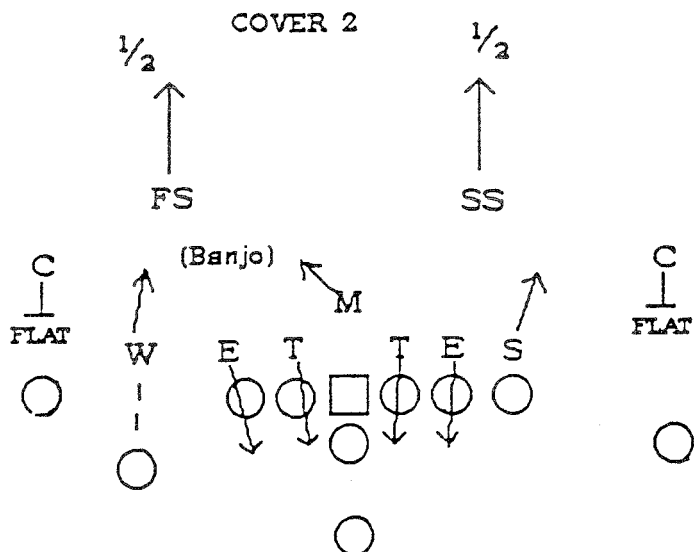
COVER 1



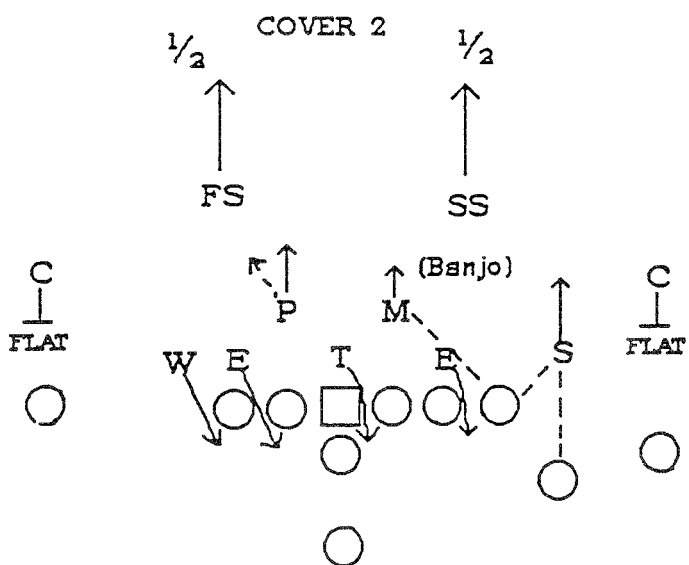
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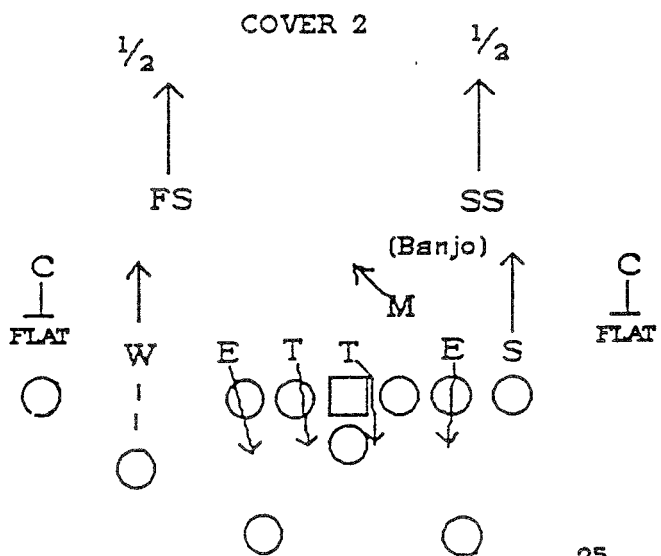
(W) 34



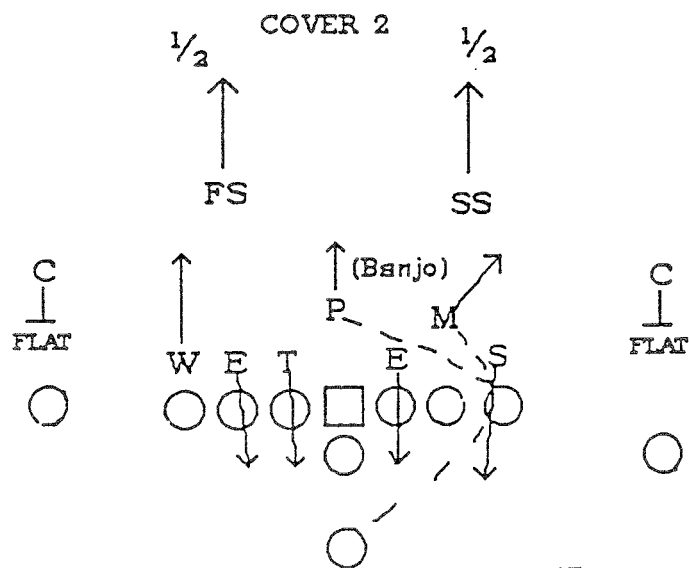
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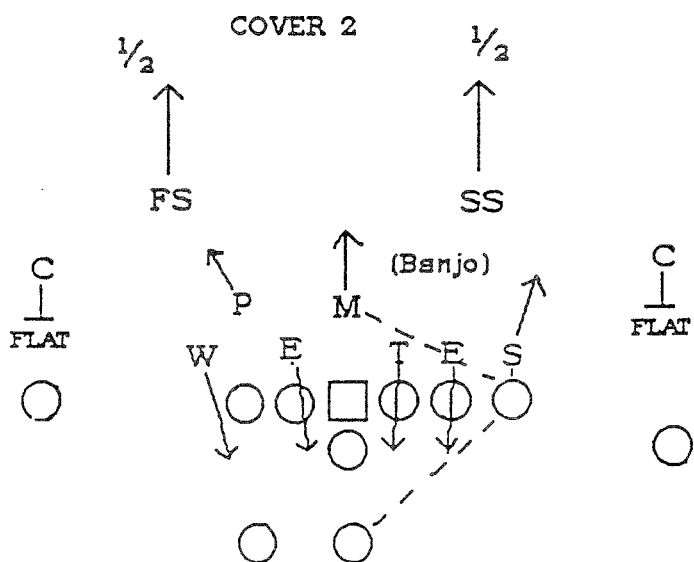
(W) 34



25

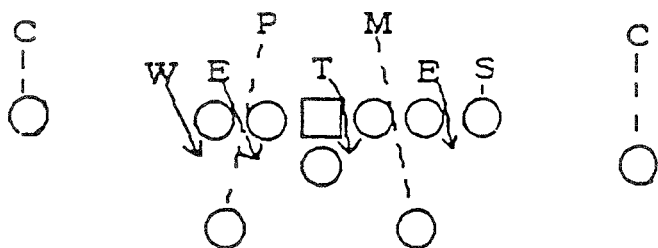
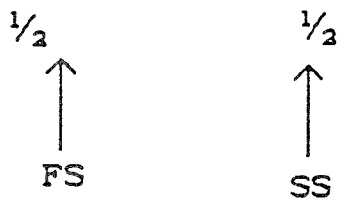


(S) 347



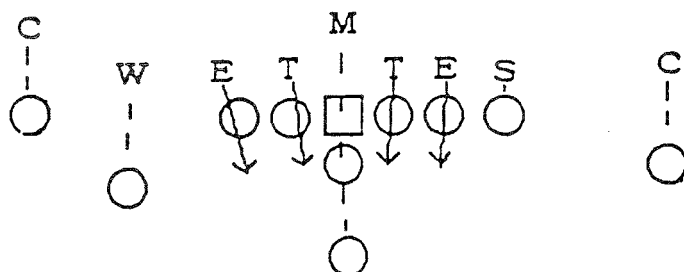
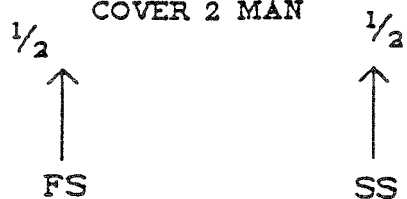
(W) 345

COVER 2 MAN



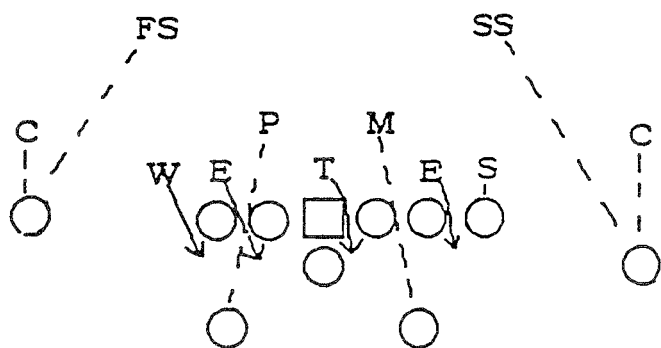
(W) 34

COVER 2 MAN



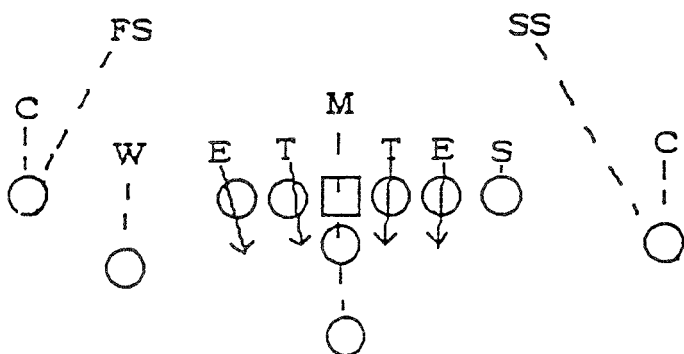
43

COVER 2 BRACKET



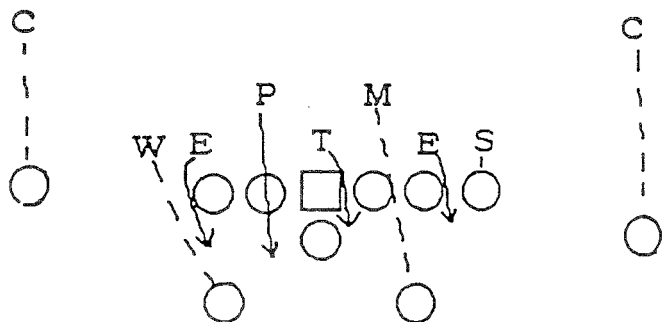
(W) 34

COVER 2 BRACKET



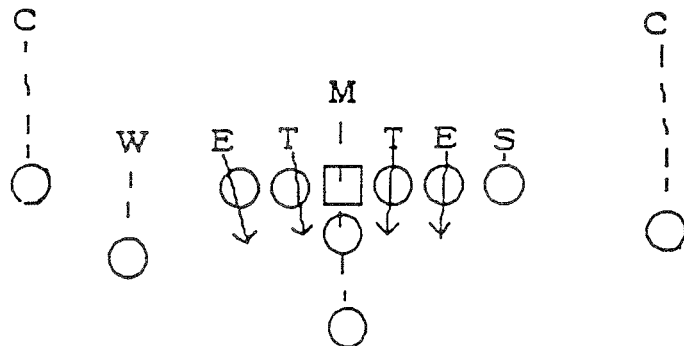
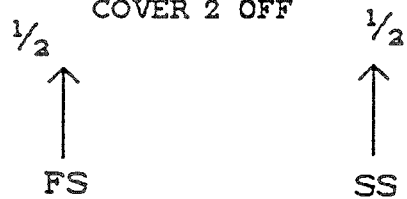
43

COVER 2 OFF



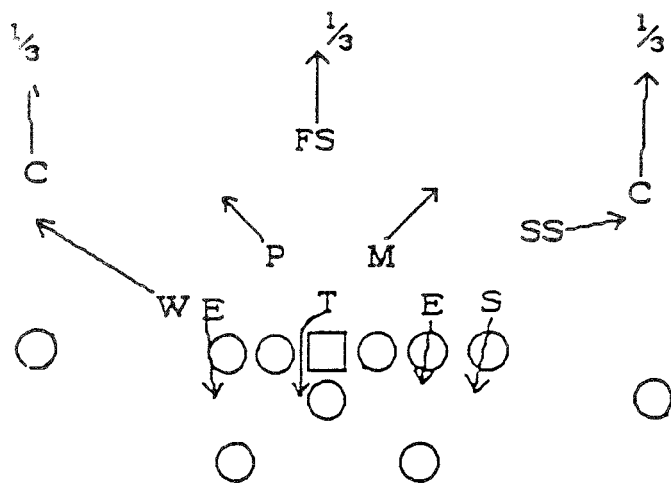
(P) 34

COVER 2 OFF



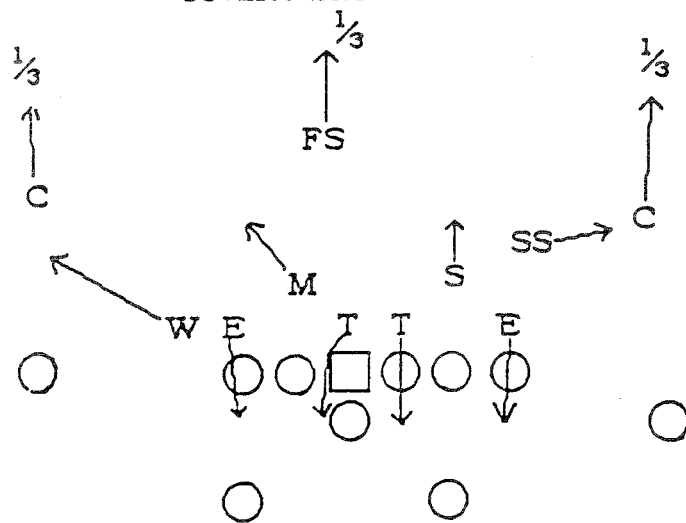
43

COVER3 SKY



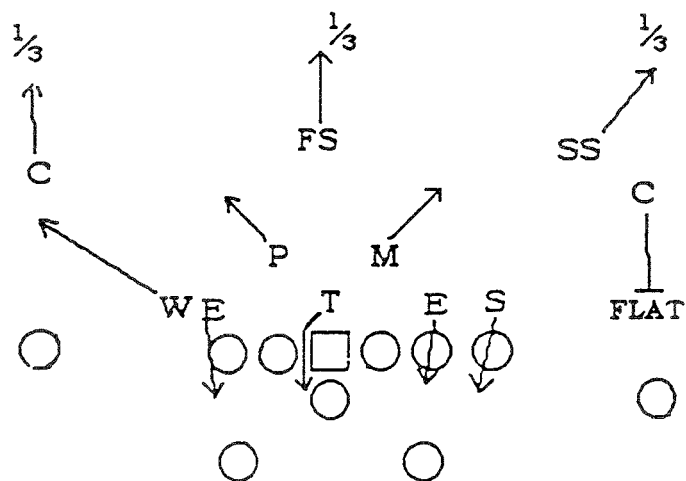
(S) 34

COVER3 SKY



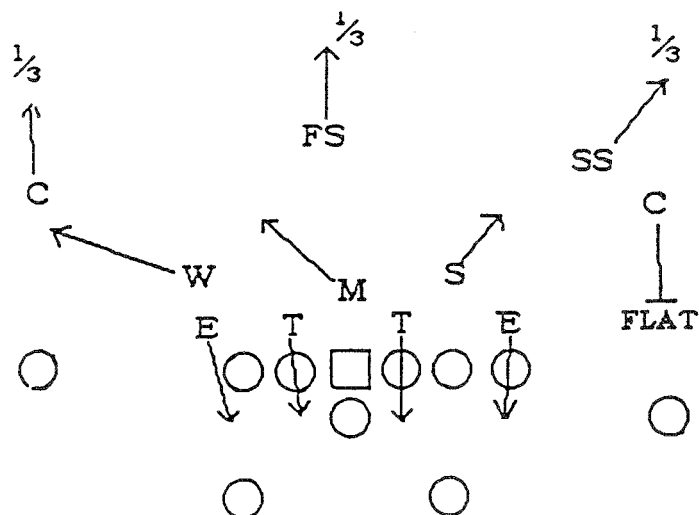
57

COVER3 CLOUD



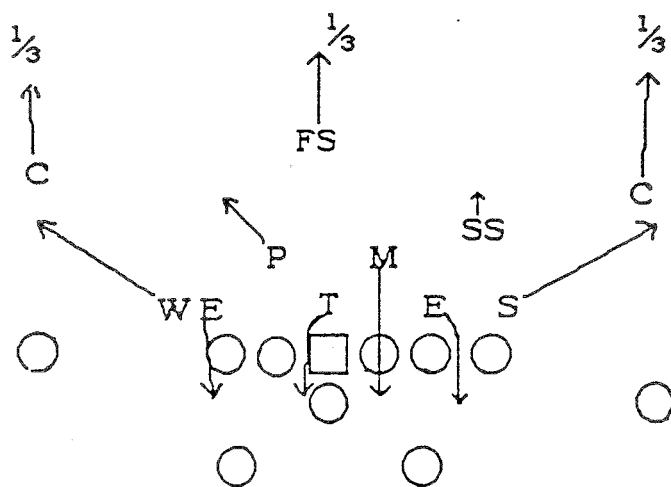
(S) 34

COVER3 CLOUD



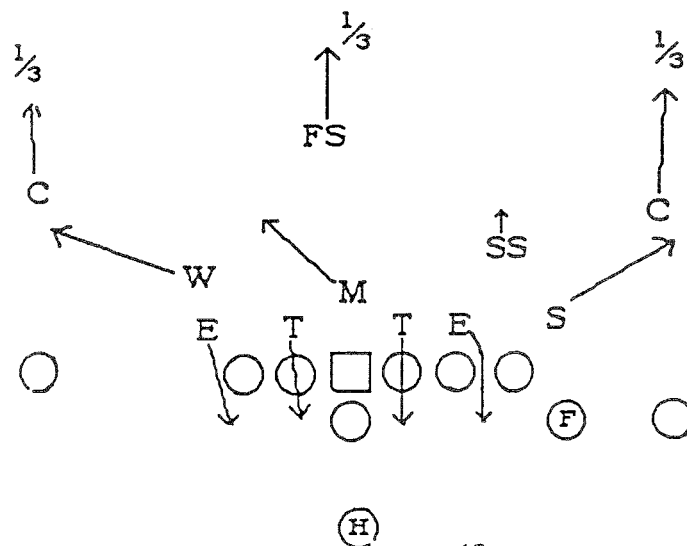
49

COVER3 BUZZ



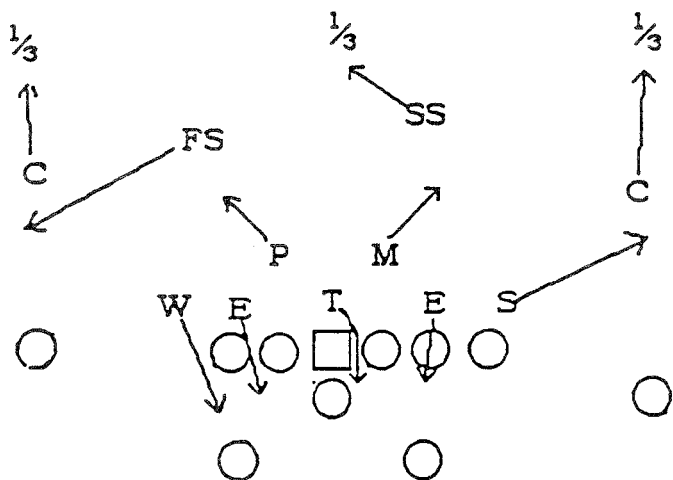
(M) 34

COVER3 BUZZ



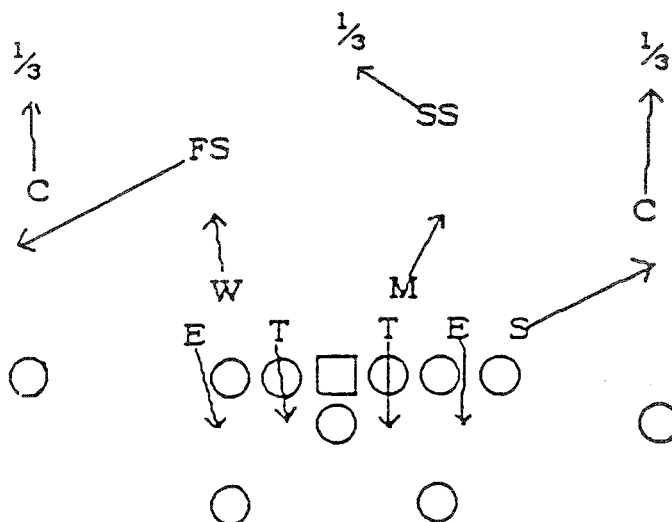
43

COVER 4 SKY



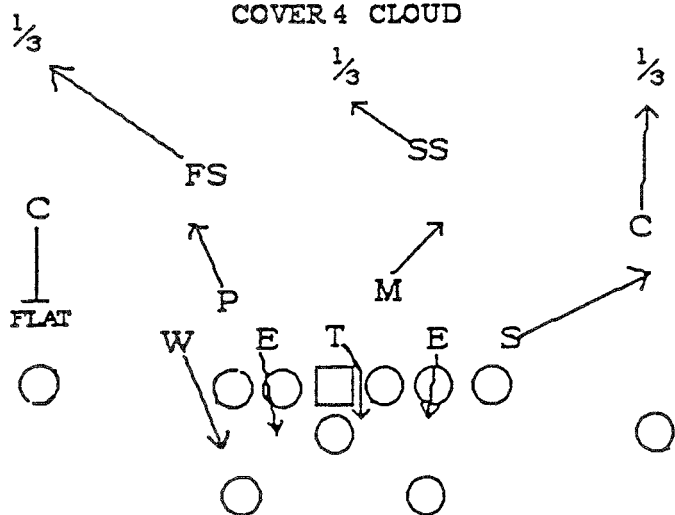
(W) 34

COVER 4 SKY



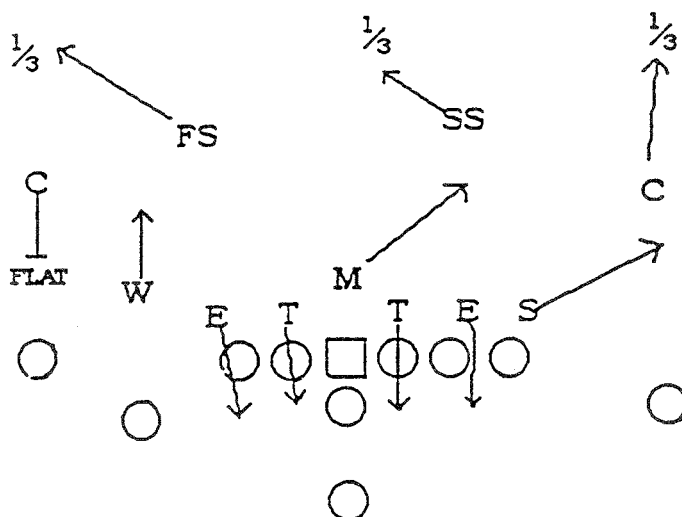
45+

COVER 4 CLOUD



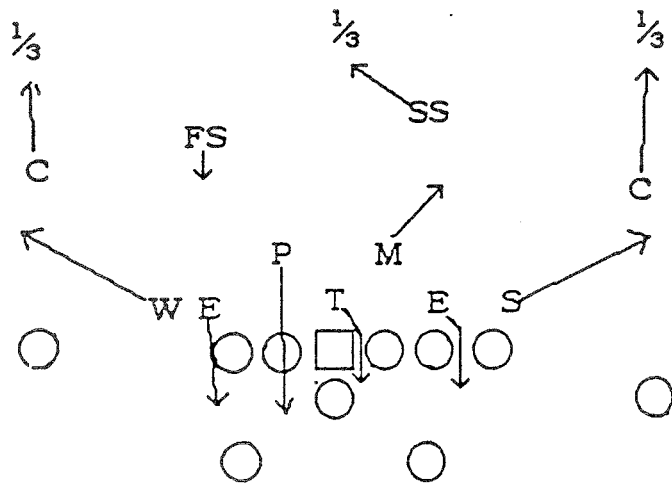
(W) 35

COVER 4 CLOUD



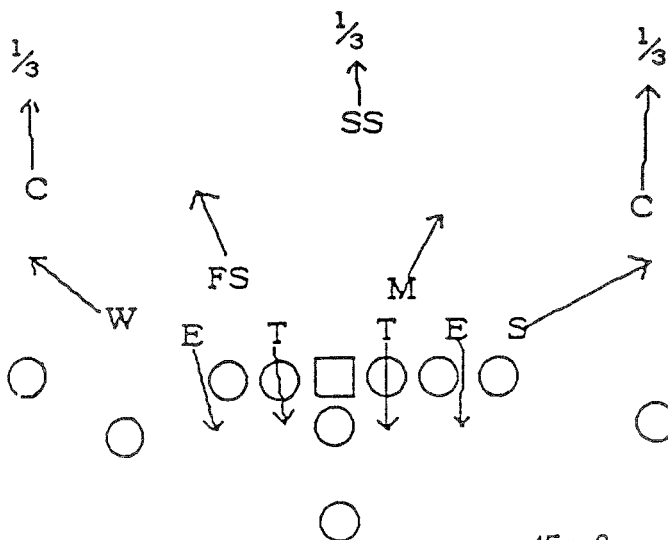
43

COVER 4 BUZZ



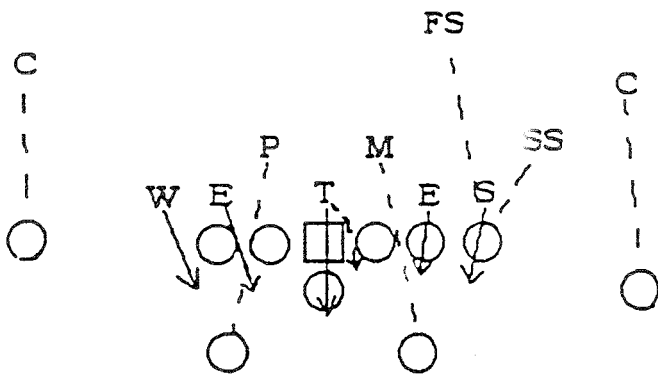
(P) 34

COVER 4 BUZZ



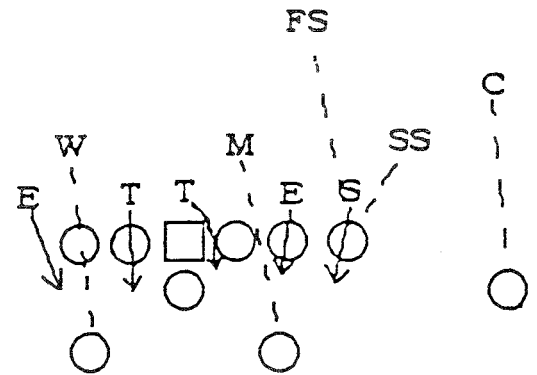
45+ 8

COVER 5



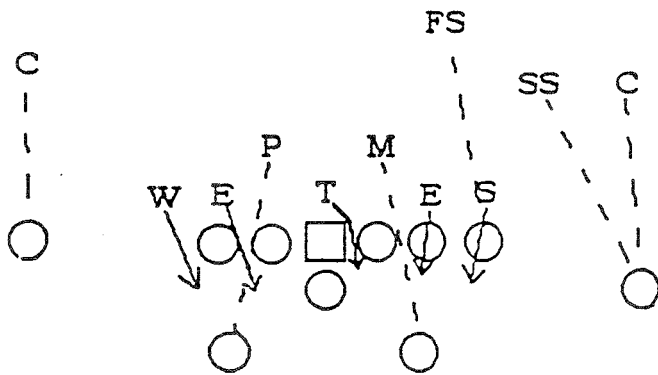
(W and S) 34

COVER 5



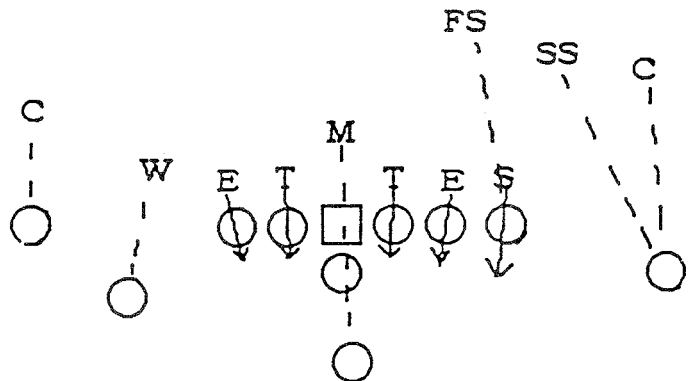
(S) 25

COVER 5 SS



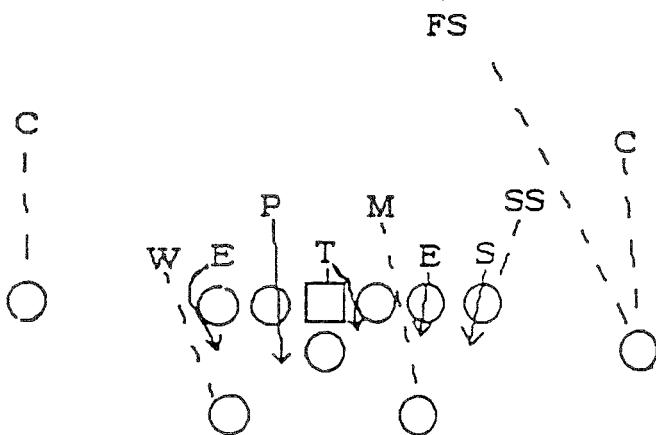
(W and S) 34

COVER 5 SS



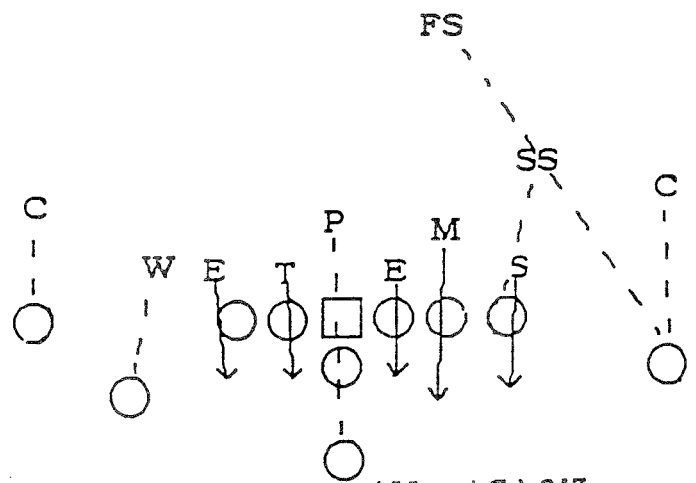
(S) 43

COVER 5 FS

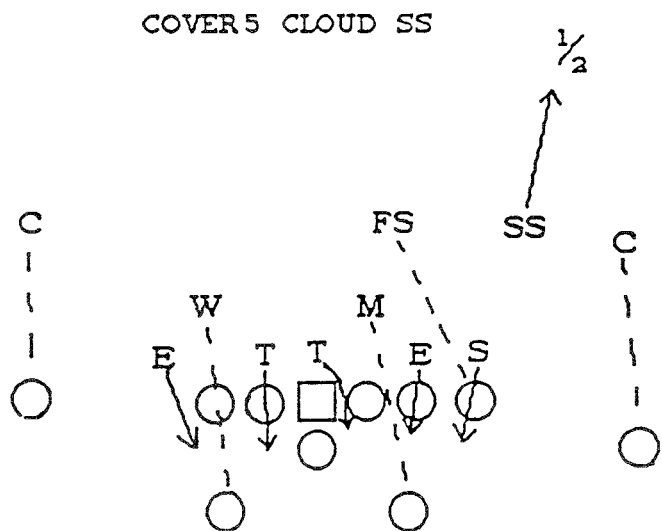
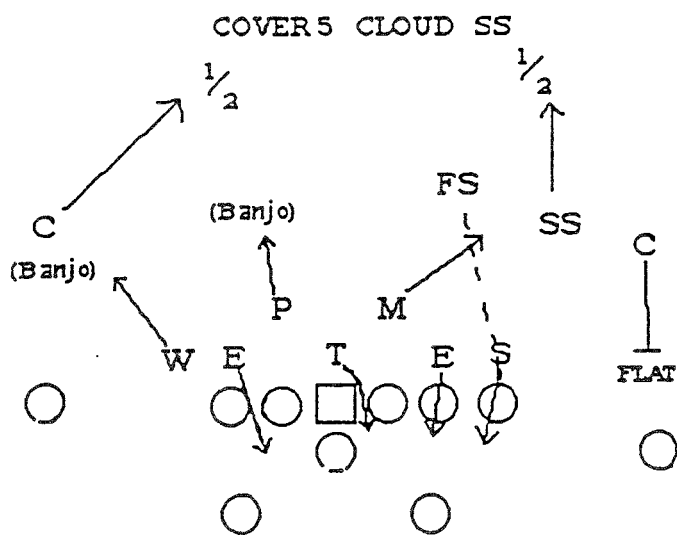
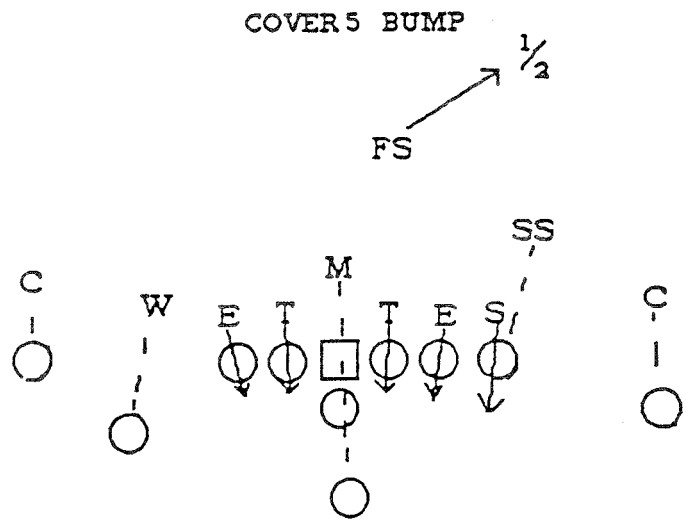
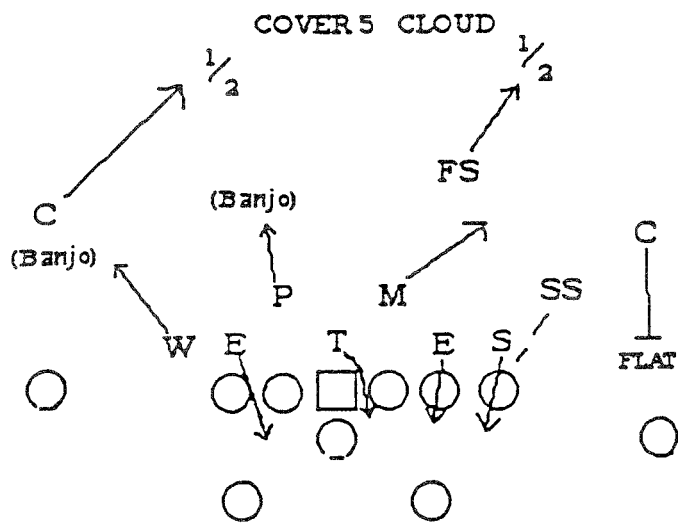


(P and S) 34

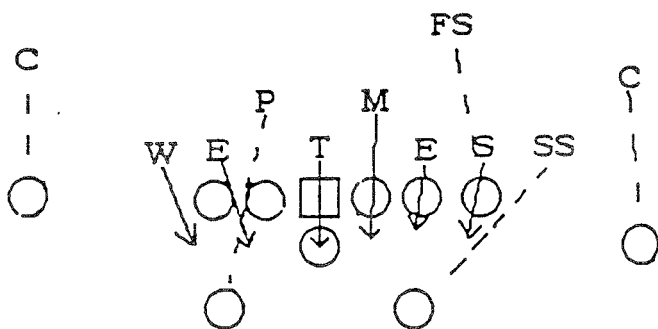
COVER 5 FS



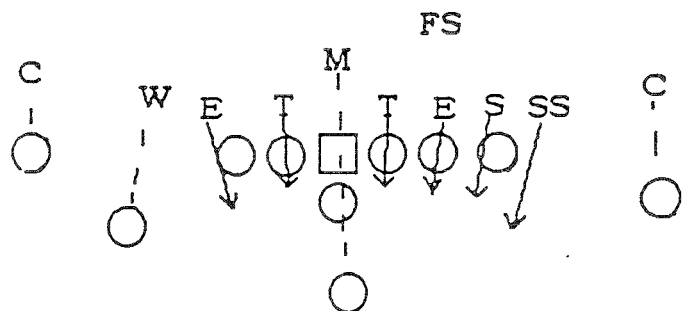
(M and S) 347

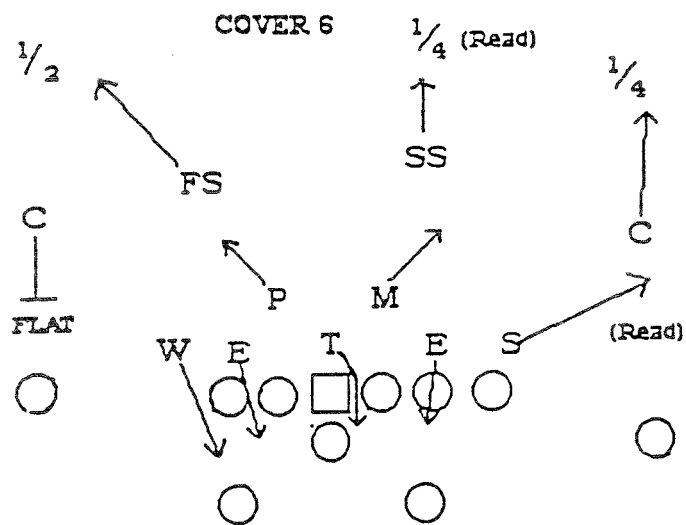


COVER BLITZ

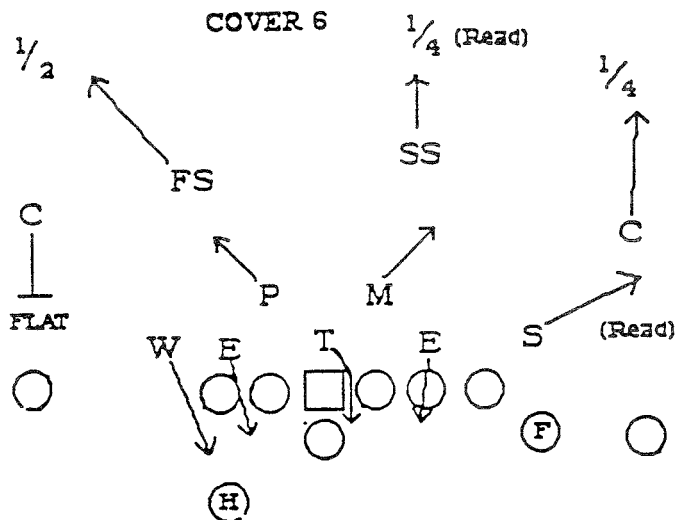


COVER BLITZ

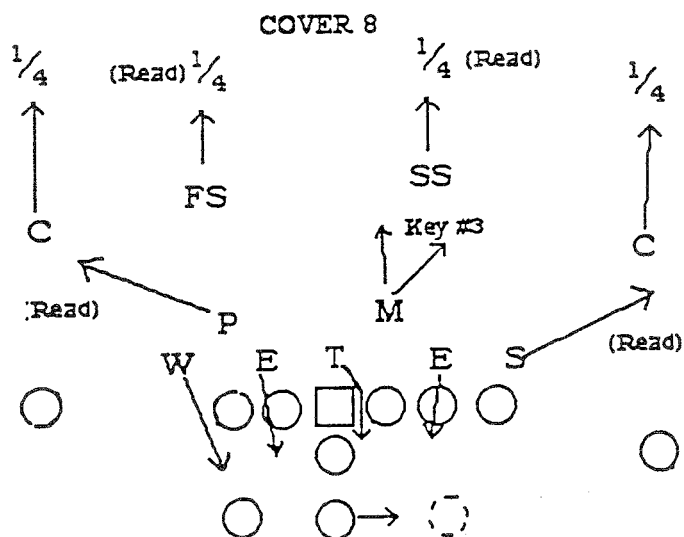




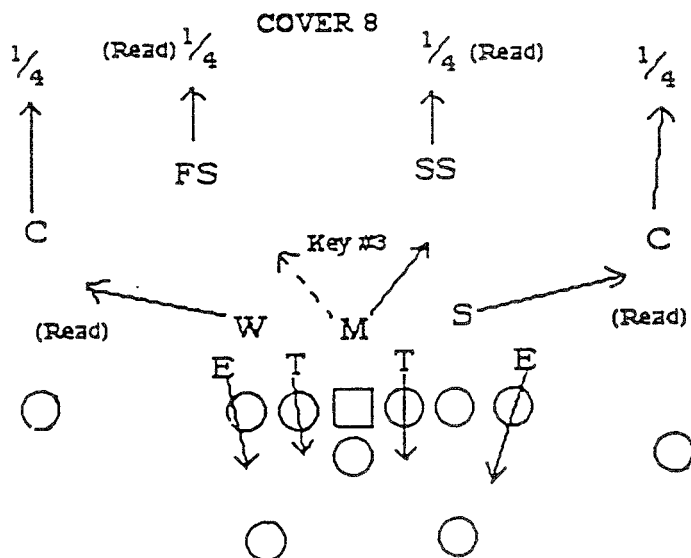
(W) 34



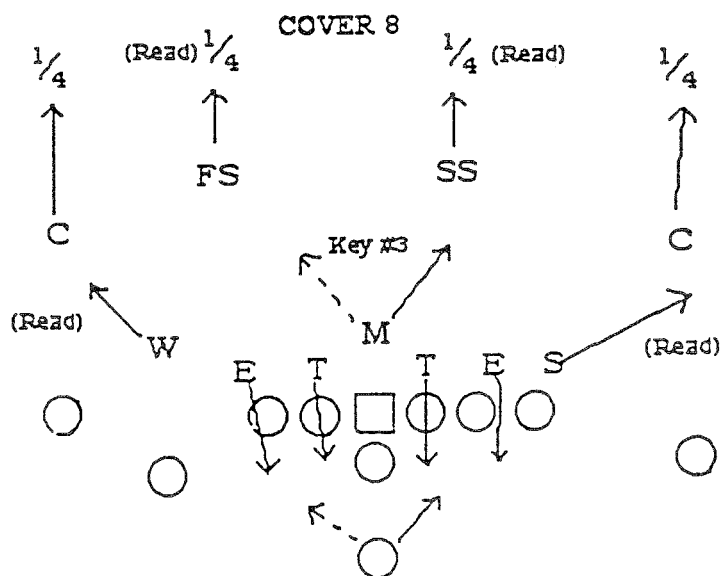
(W) 34



(W) 35



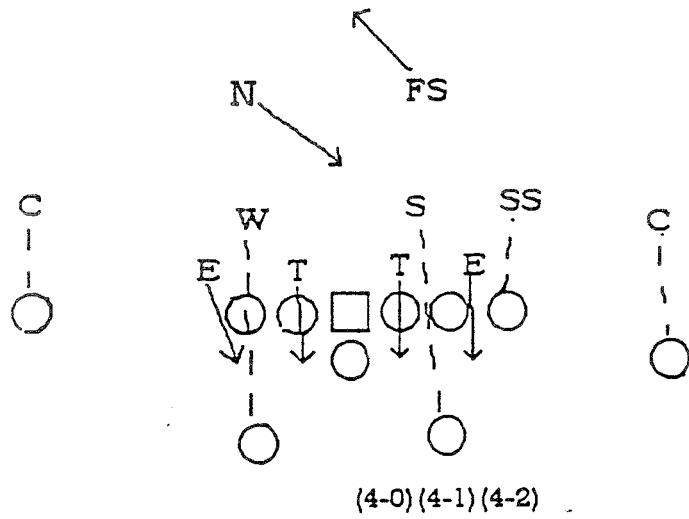
49



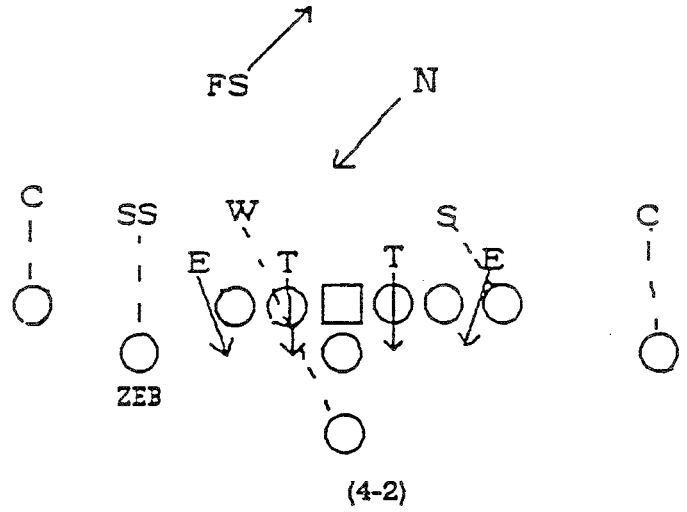
43

4 MAN FRONT

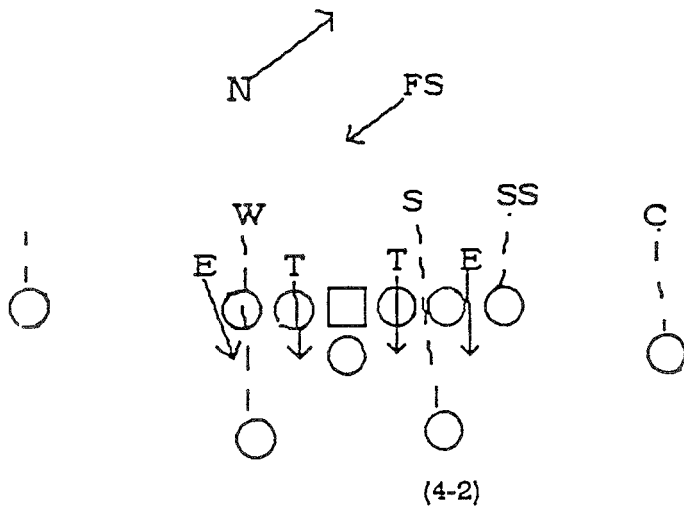
COVER 11 N LURK



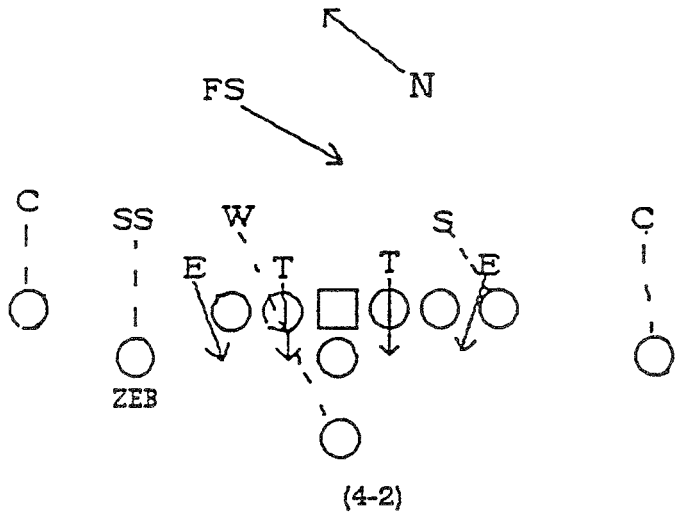
COVER 11 N LURK



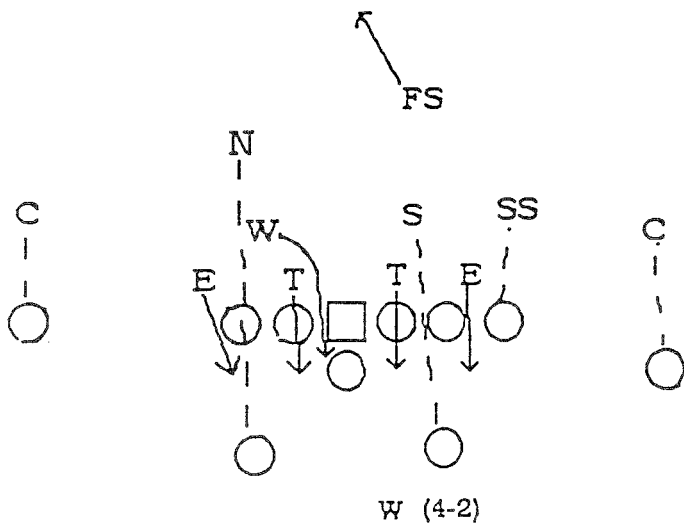
COVER 11 FS LURK



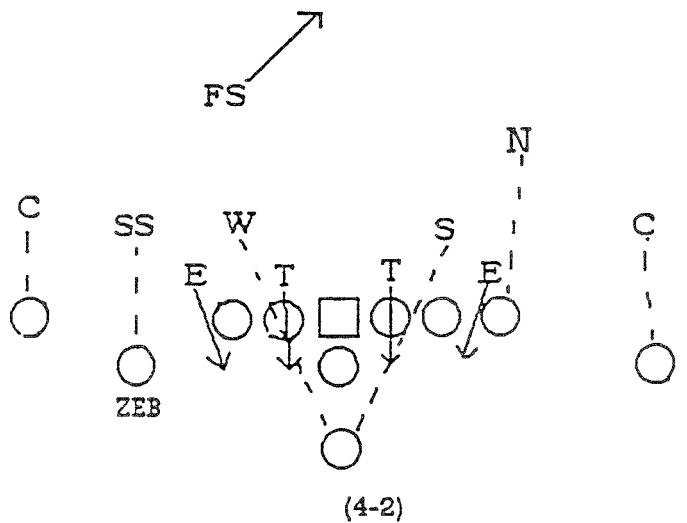
COVER 11 FS LURK



COVER 11

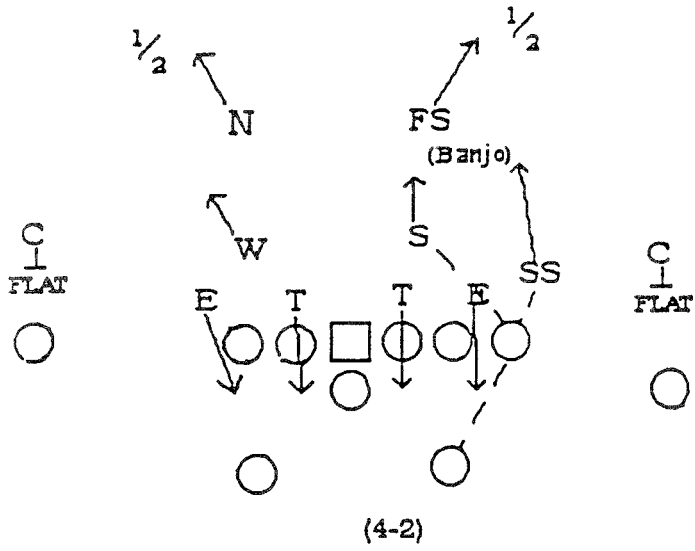


COVER 11

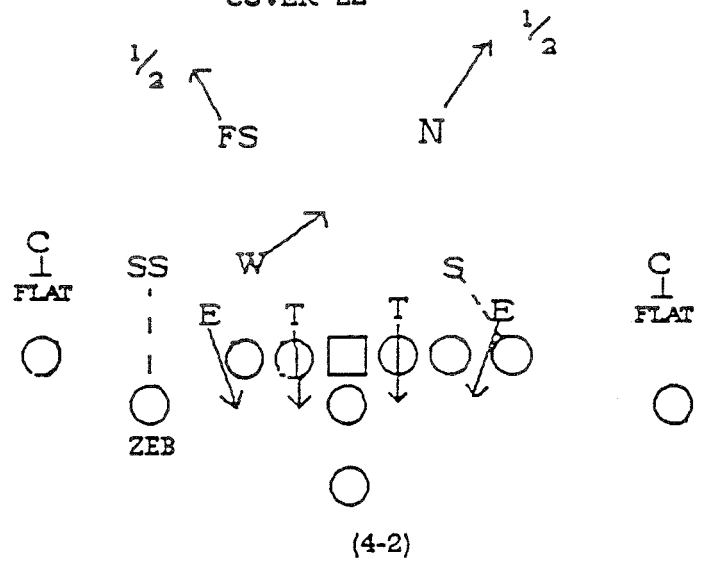


4 MAN FRONT

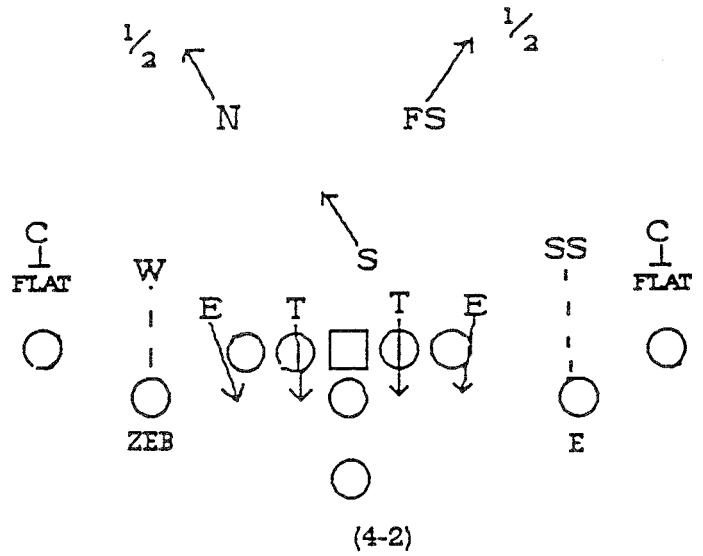
COVER 22



COVER 22

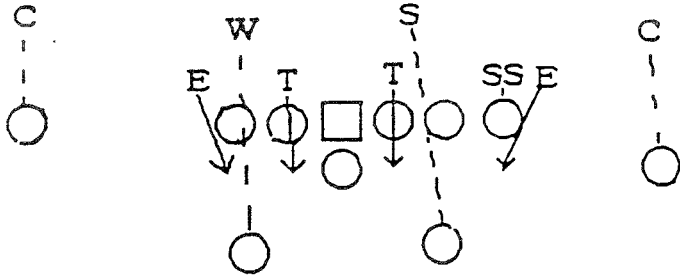


COVER 22



4 MAN FRONT

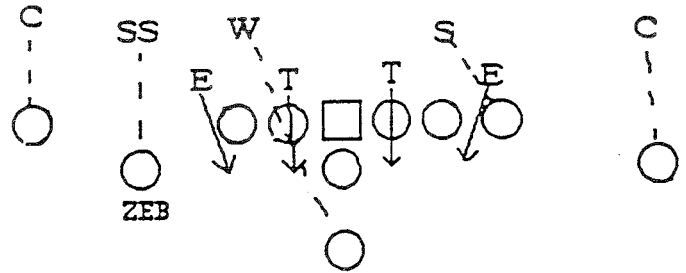
COVER 22 MAN



REGULAR

(4-2)

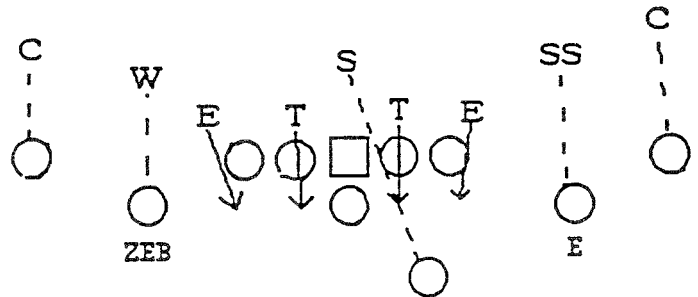
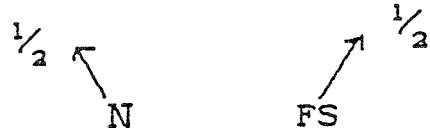
COVER 22 MAN



DBL WING/FWS

(4-1)

COVER 22 MAN

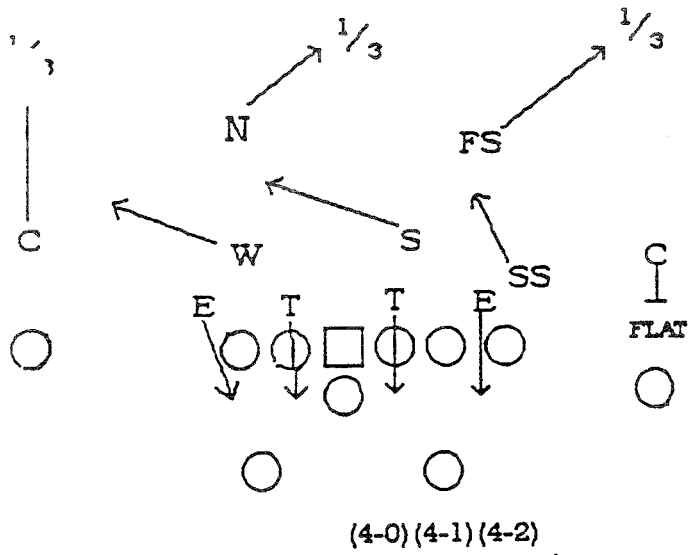


SPREAD

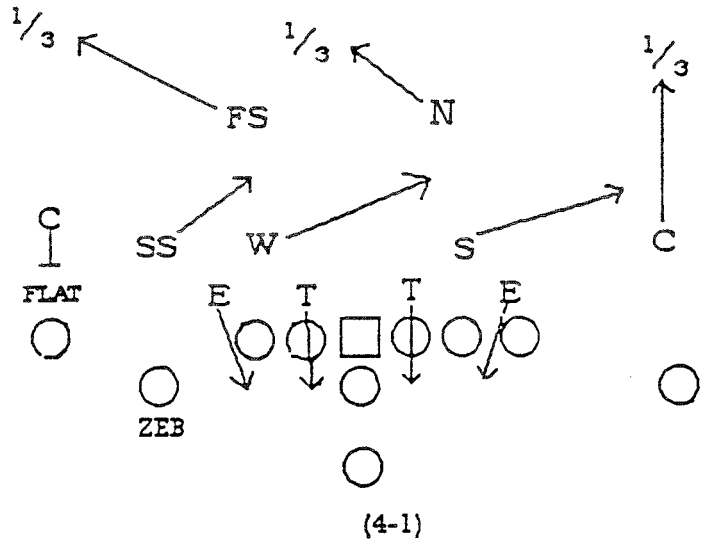
(4-1)

4 MAN FRONT

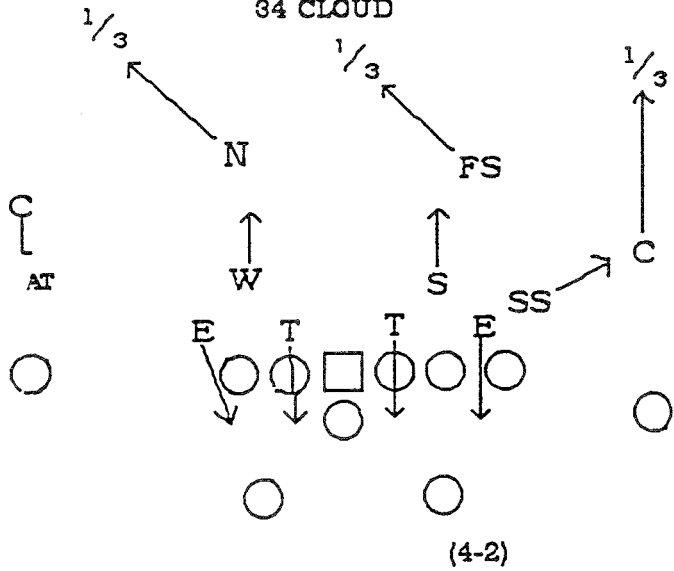
3 CLOUD 4



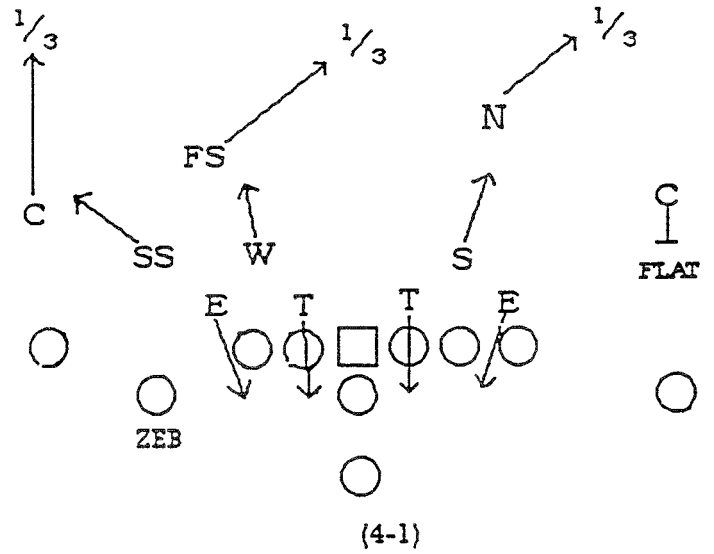
3 CLOUD 4



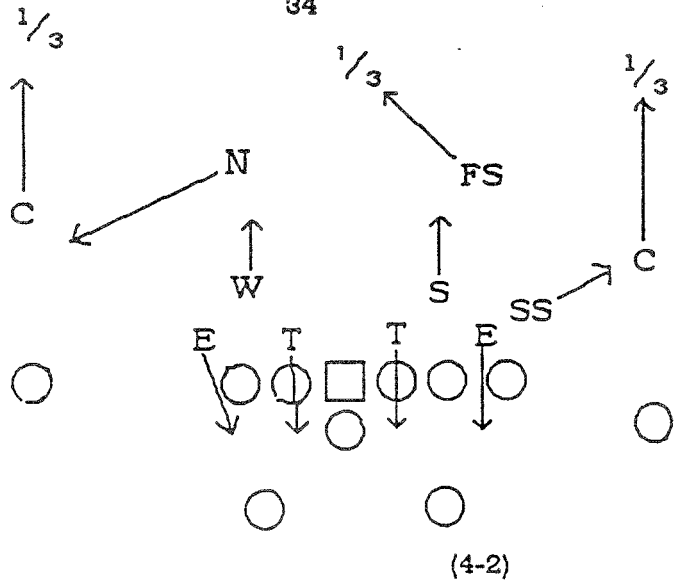
34 CLOUD



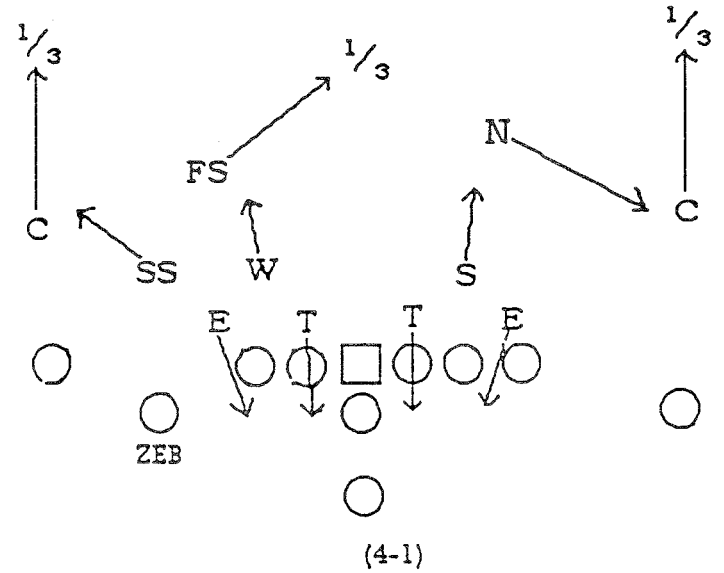
34 CLOUD

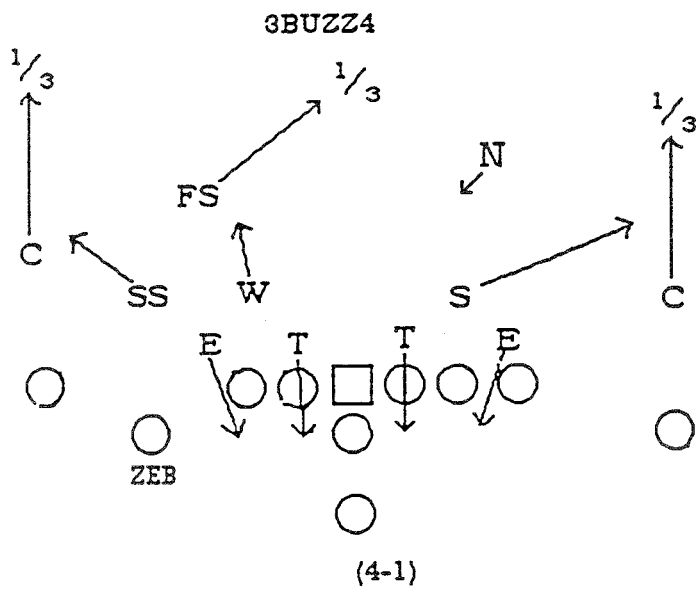
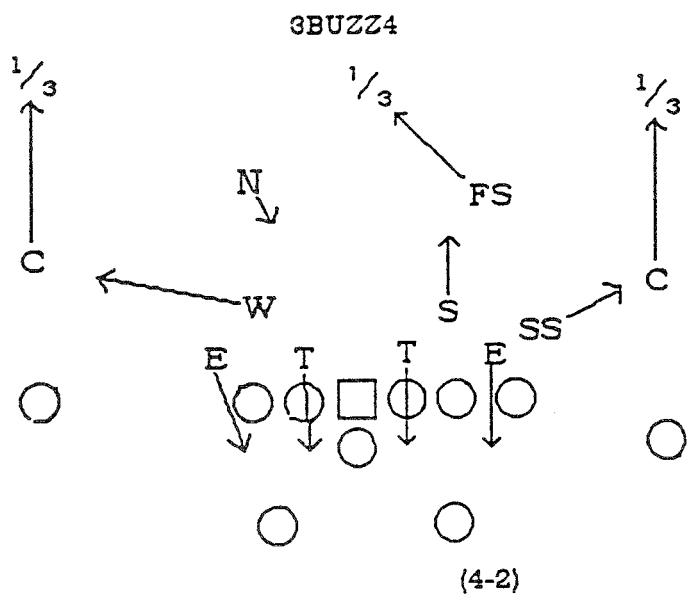
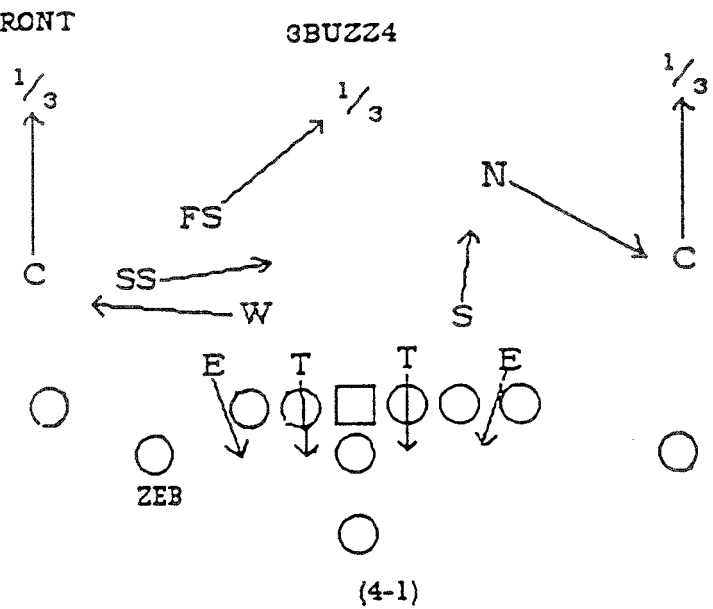
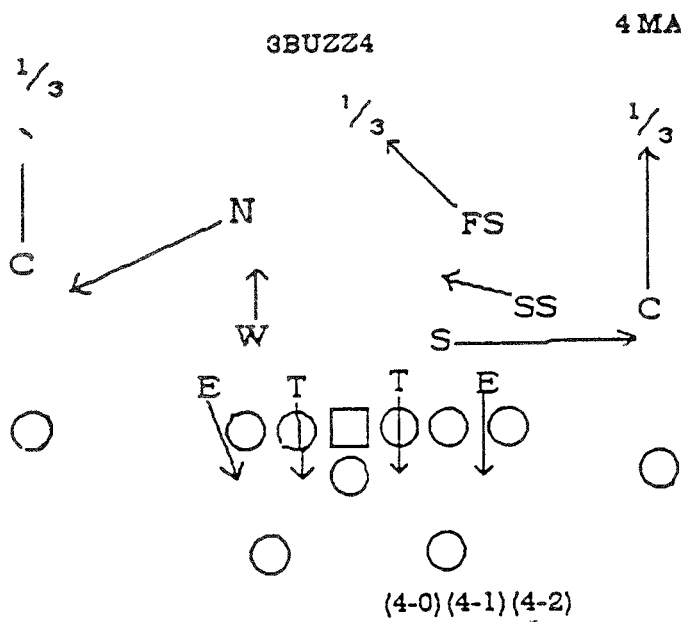


34



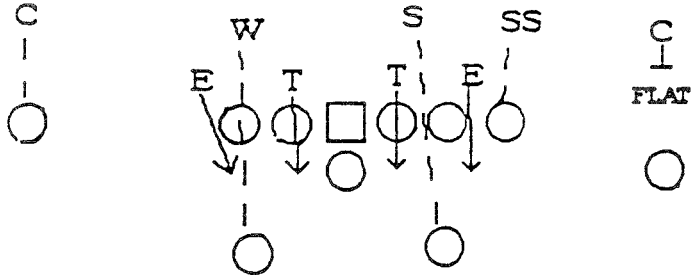
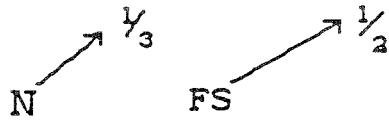
34





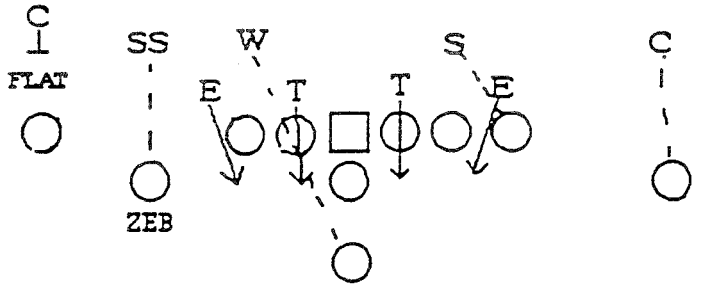
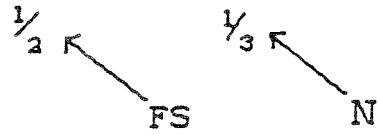
4 MAN FRONT

COVER 5 CLOUD/1



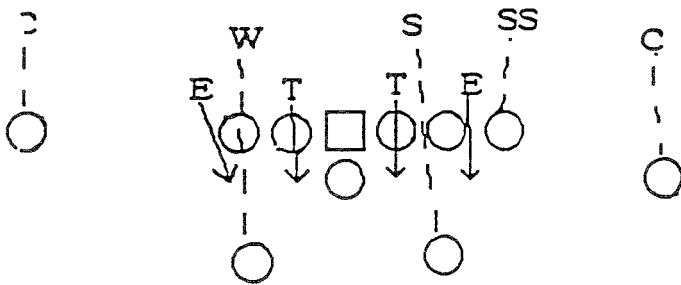
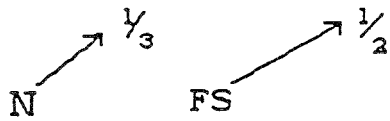
(4-0) (4-1) (4-2)

COVER 5 CLOUD/1



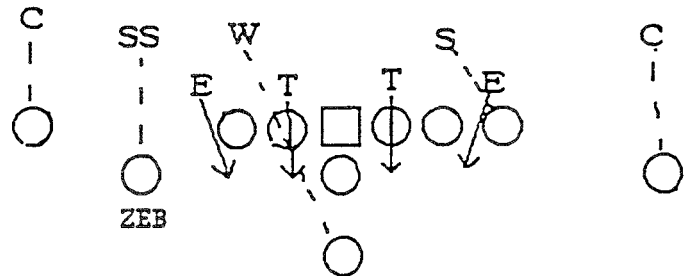
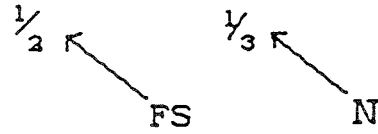
(4-1)

COVER 5 BUMP/1



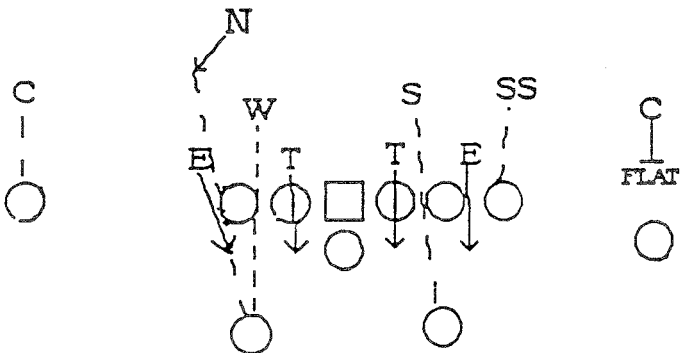
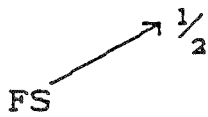
(4-2)

COVER 5 BUMP/1



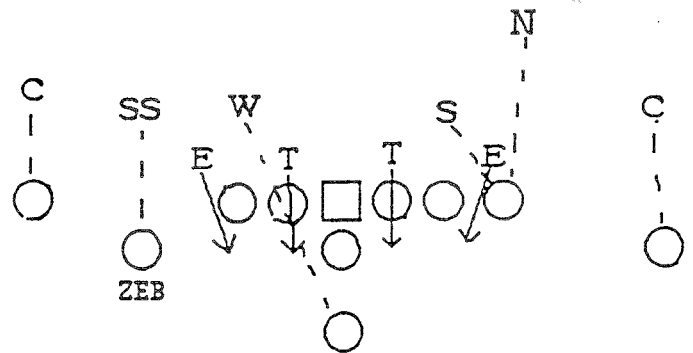
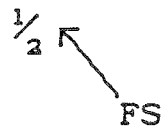
(4-1)

COVER 5 CLOUD 0 DO HB



(4-2)

COVER 5 CLOUD 0 DO Y

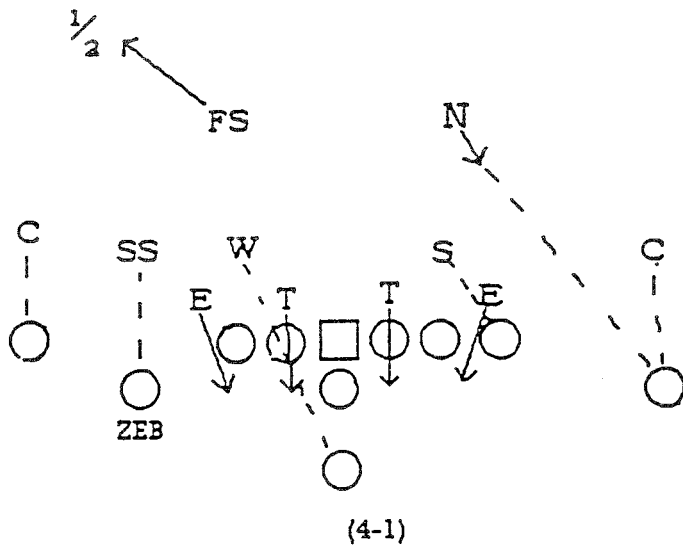
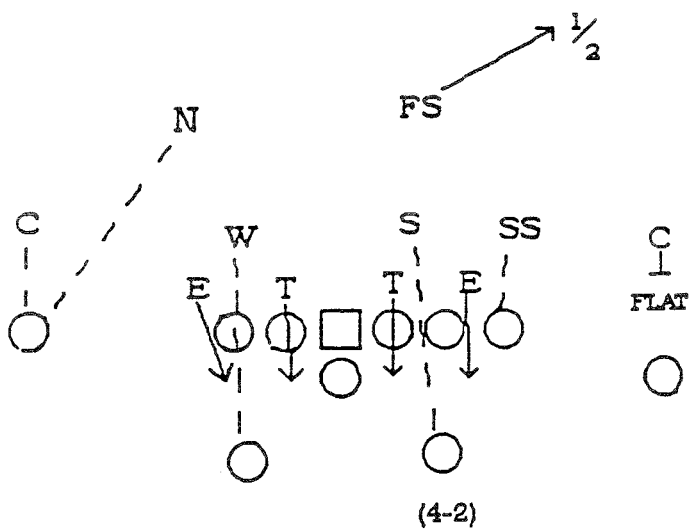


(4-1)

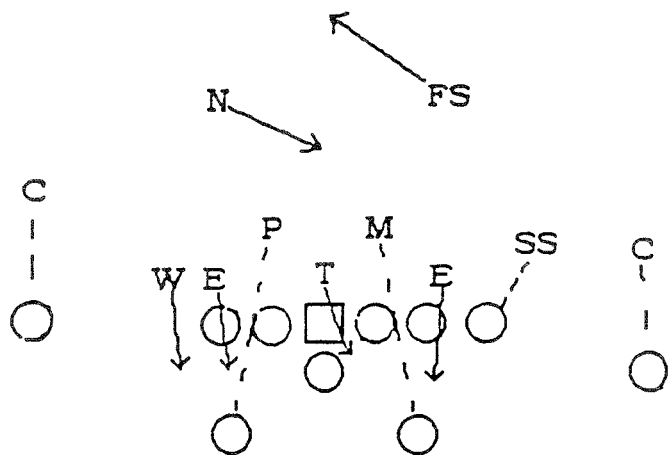
4 MAN FRONT

COVER 5 CLOUD 0

COVER 5 CLOUD 0

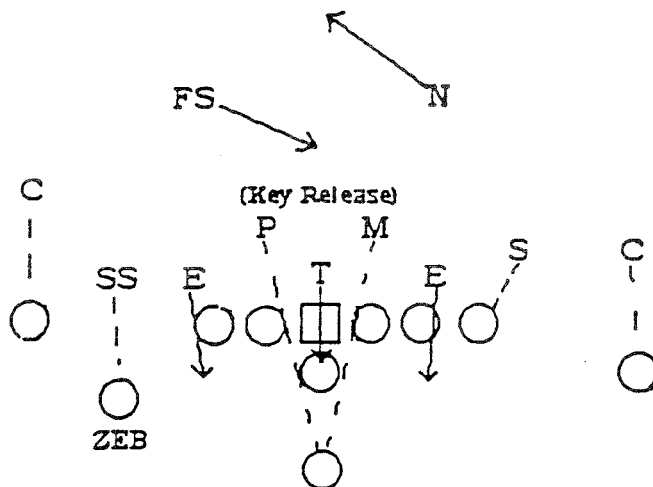


COVER 11 N LURK



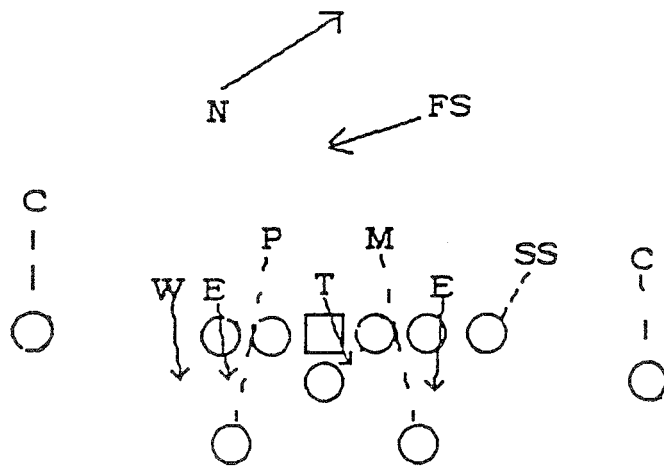
(W) (3-0)(3-1)(3-2)(3-3)

COVER 11 FS LURK



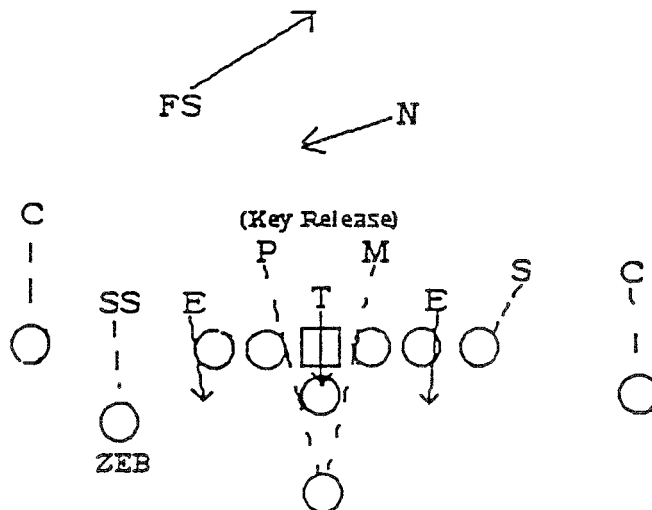
32

COVER 11 FS LURK



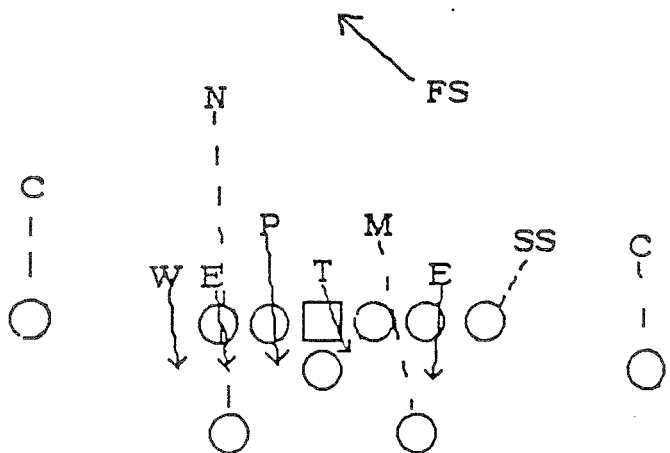
(W) 33

COVER 11 N LURK



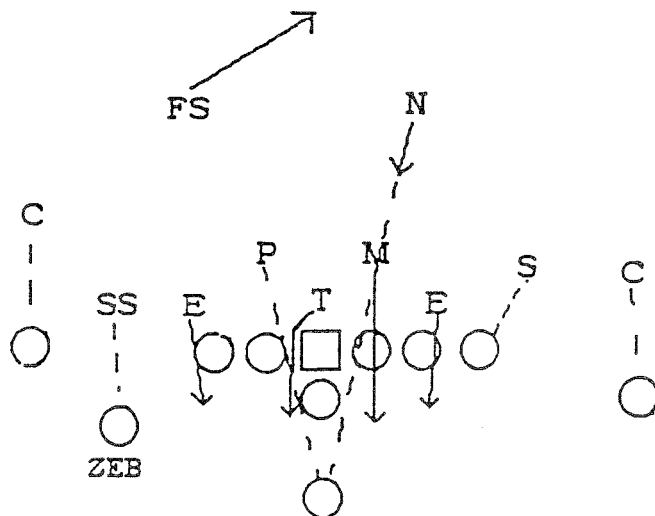
32

COVER 11



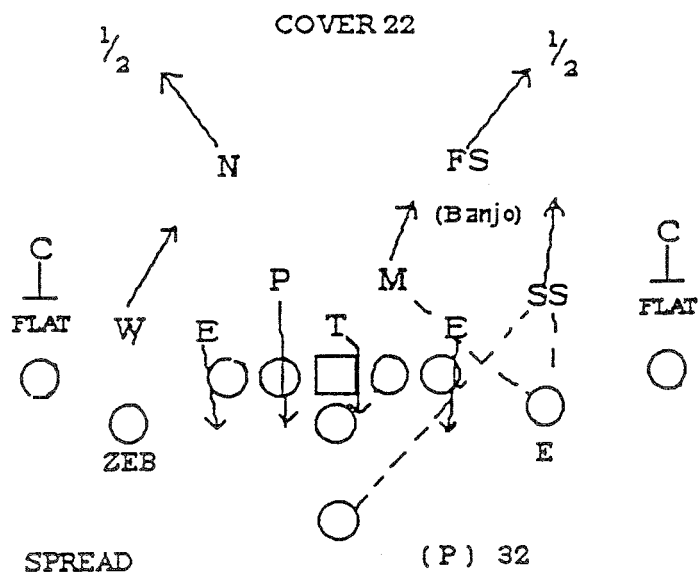
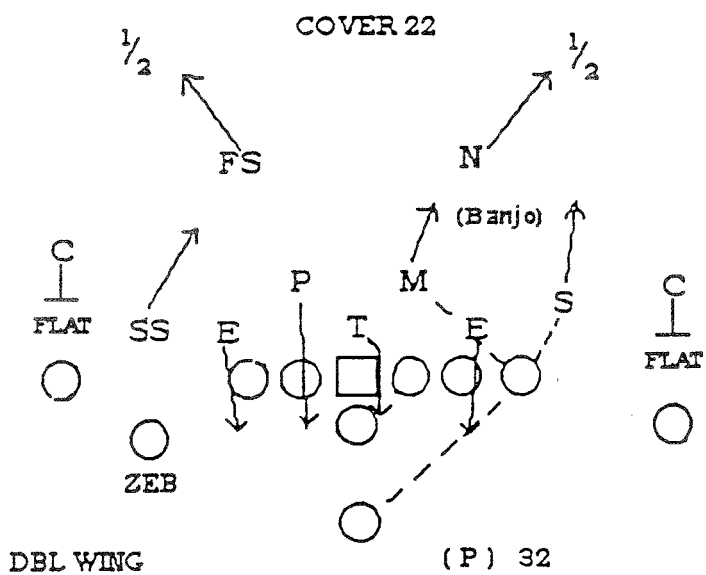
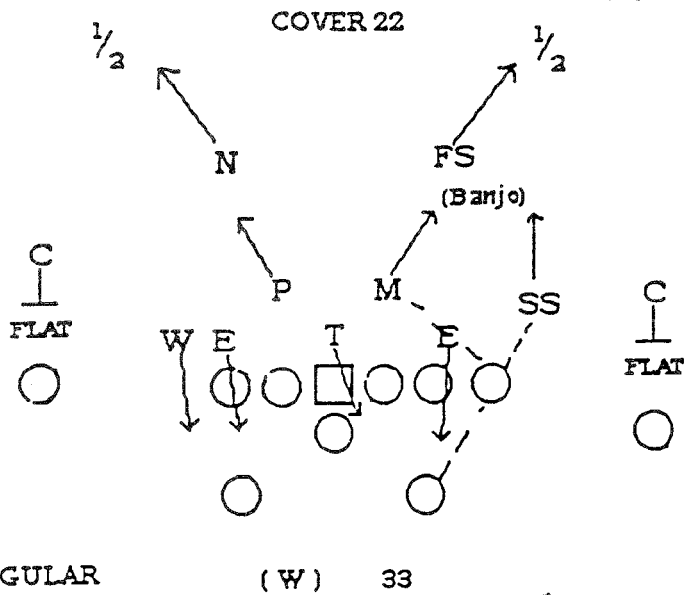
(W and P) 33

COVER 11



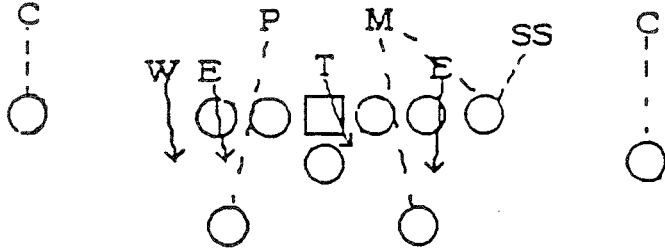
(M) 32

3 MAN FRONT



3 MAN FRONT

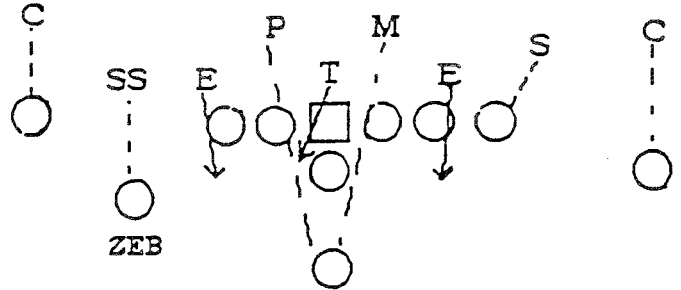
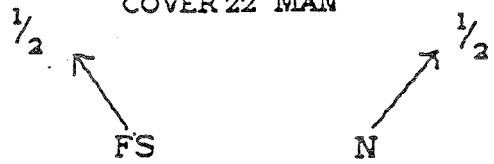
COVER 22 MAN



REGULAR

(W) 33

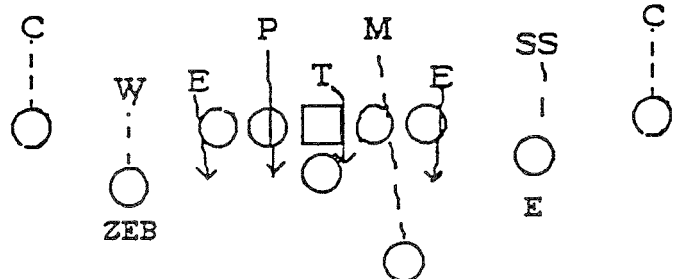
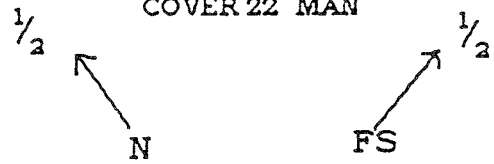
COVER 22 MAN



DBL WING

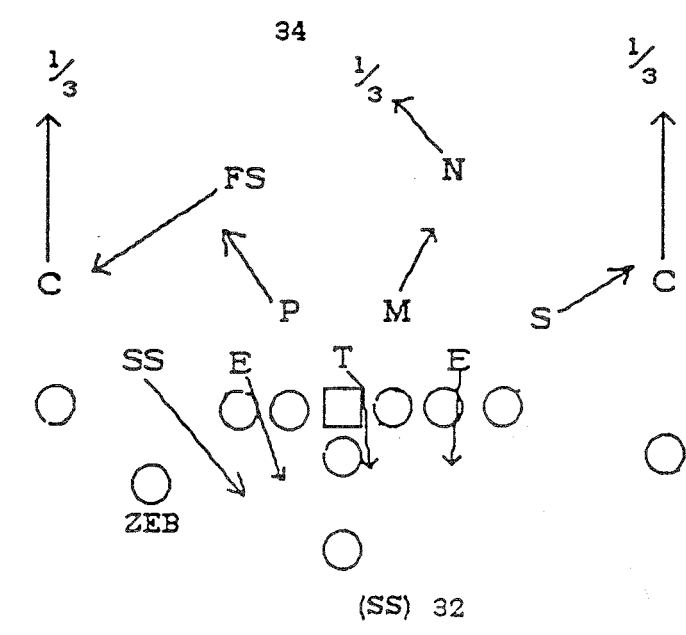
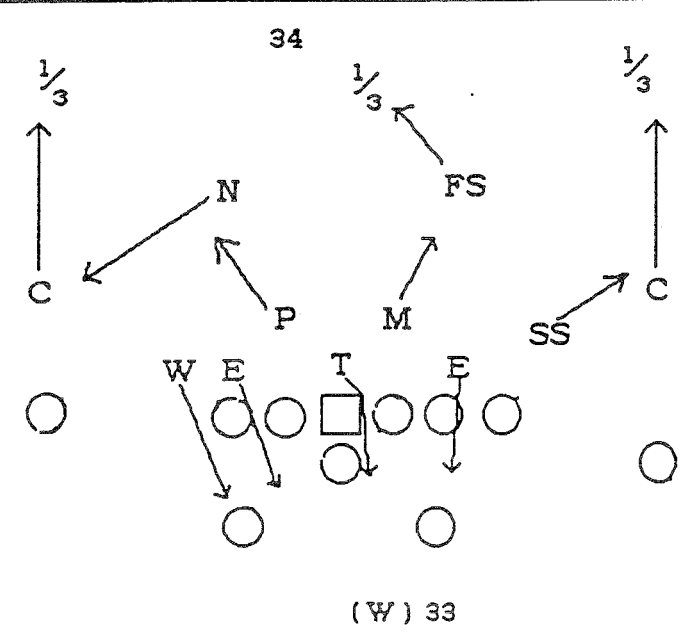
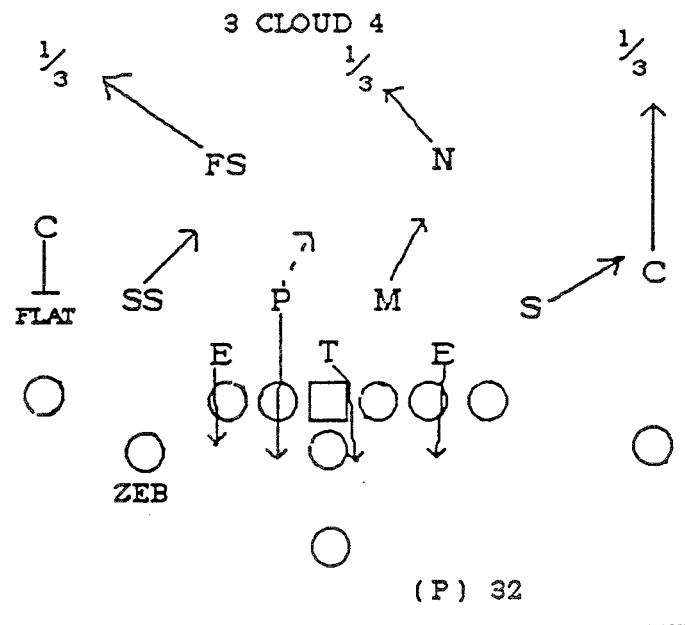
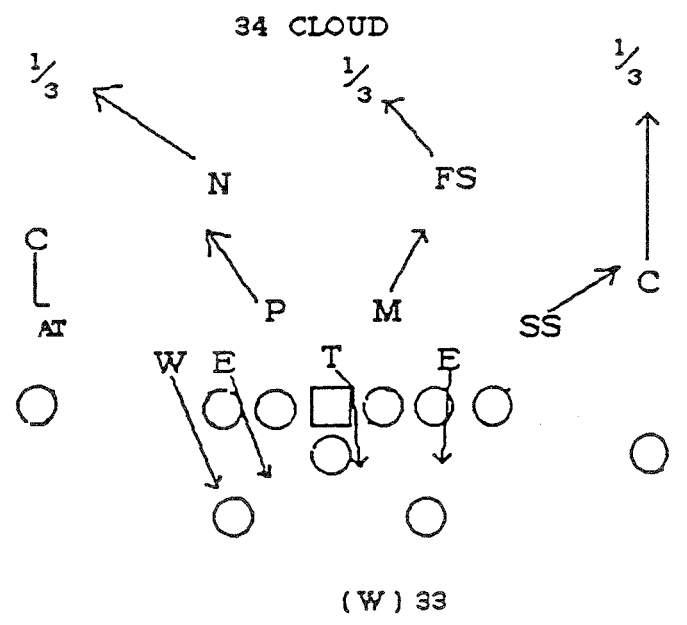
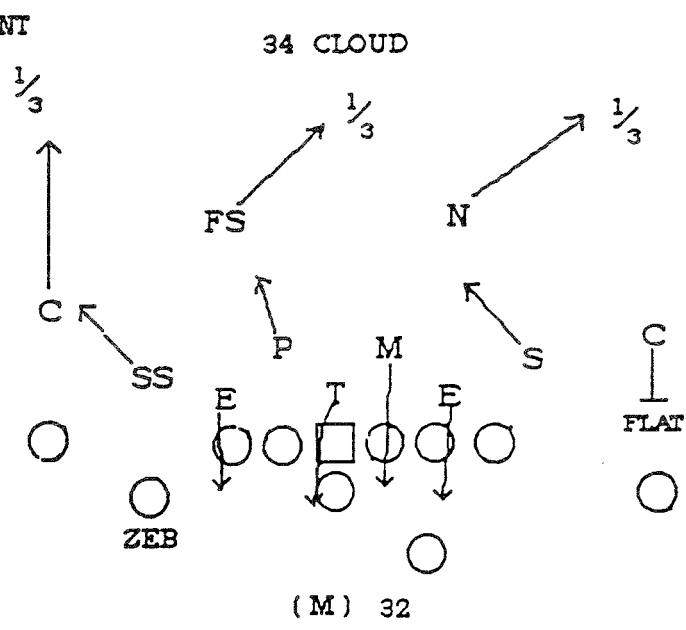
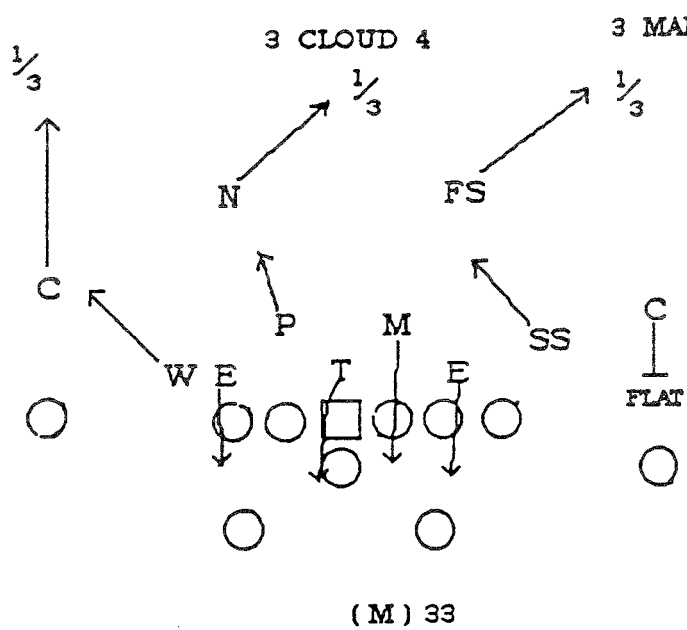
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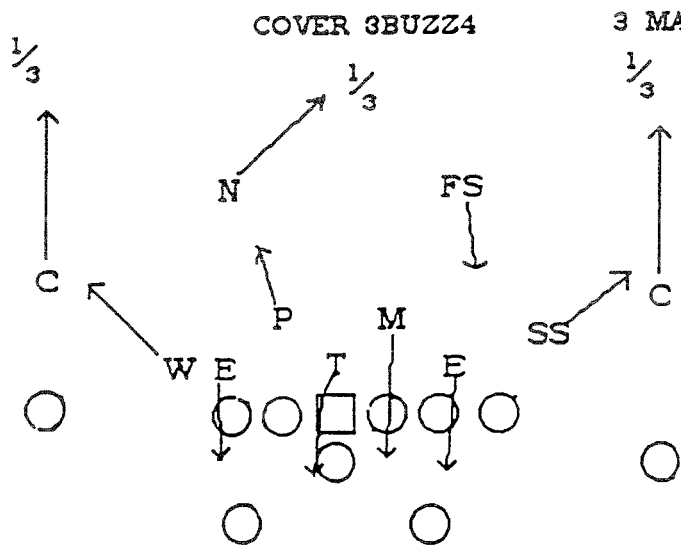
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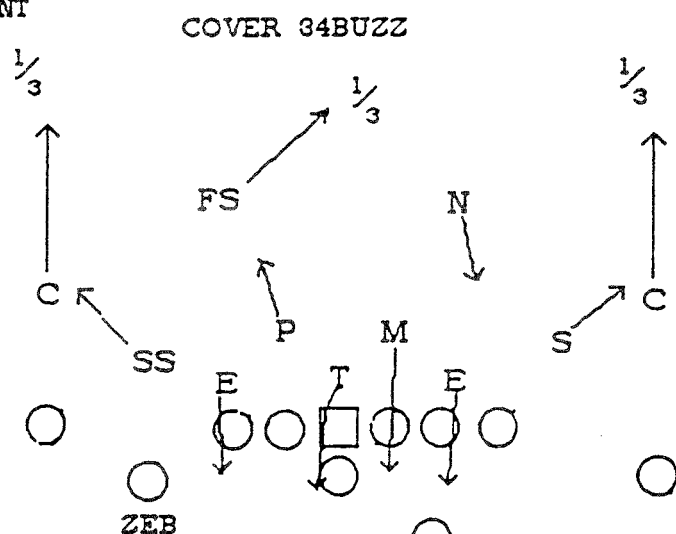
SPREAD

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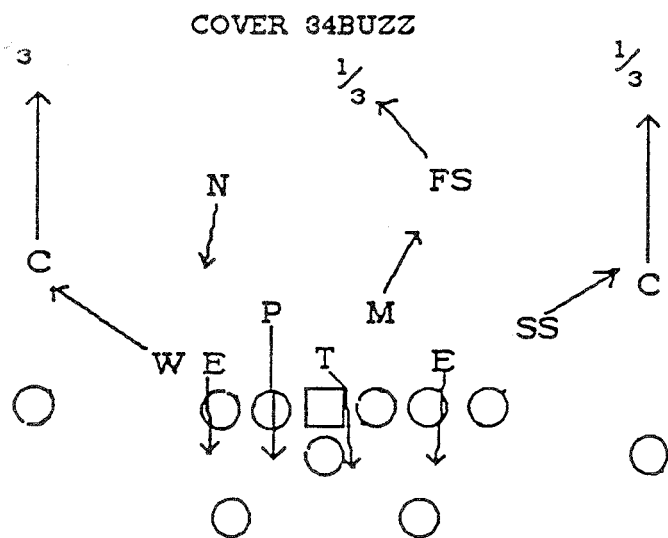




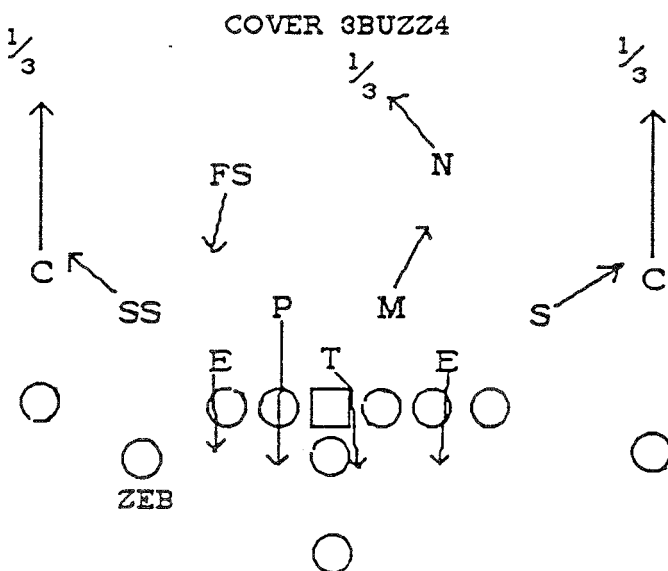
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(M) 32



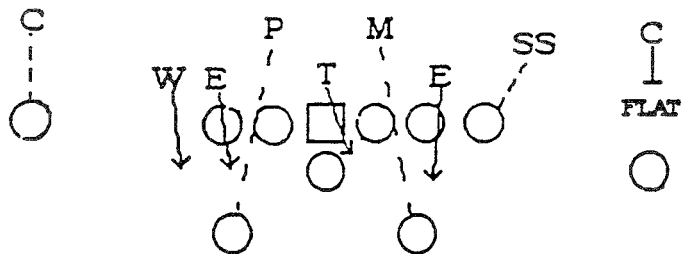
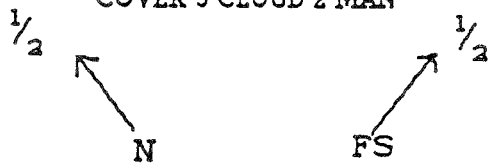
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(P) 32

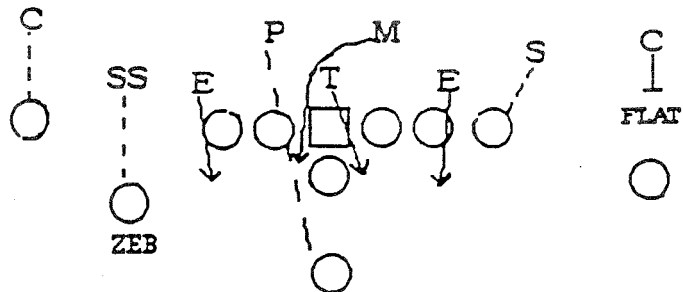
3 MAN FRONT

COVER 5 CLOUD 2 MAN



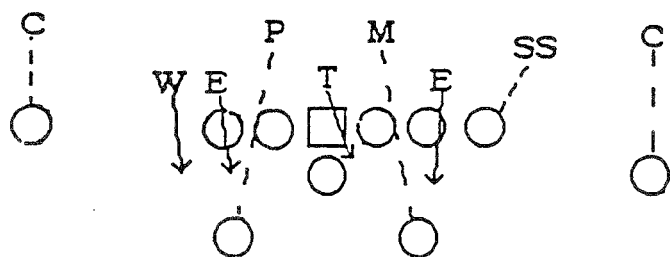
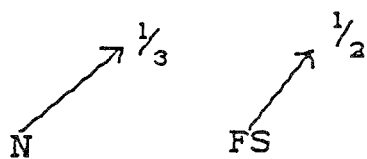
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COVER 5 BUMP 2



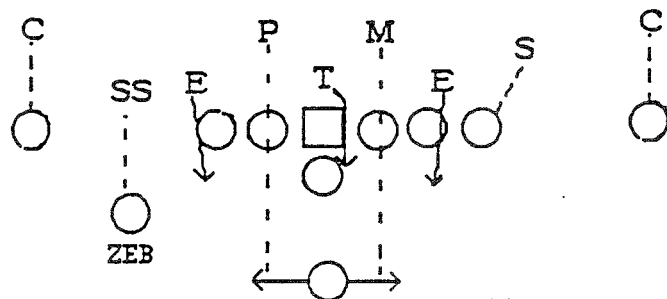
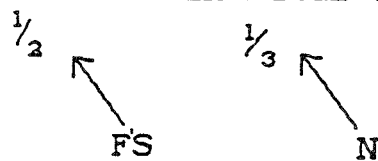
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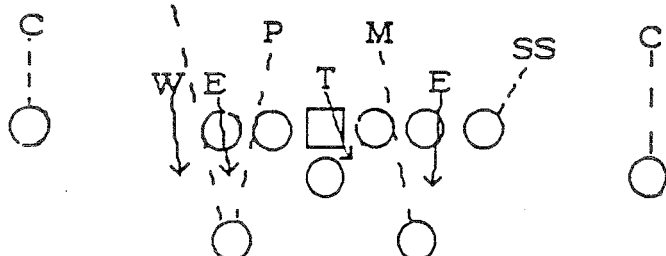
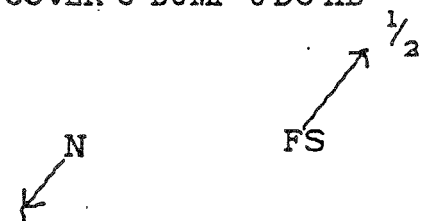
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COVER 5 BUMP 1



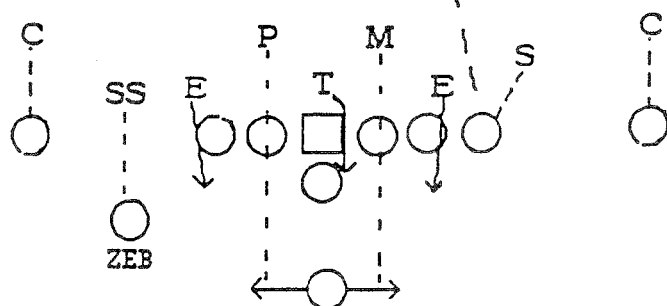
32

COVER 5 BUMP 0 DO HB



(W) 33

COVER 5 BUMP 0 DO Y



32

3 MAN FRONT

 $\frac{1}{2}$ $\frac{1}{2}$

FS

F.S.

N

The diagram illustrates a metabolic pathway. It begins with a circle labeled 'C' on the left, connected by a dashed line to another circle. Below this, a circle is connected to a square node. From the square node, an arrow points down to a circle, and another arrow points right to a circle labeled 'E'. This 'E' is connected to a circle labeled 'P', which is then connected to a circle labeled 'T'. Below 'T' is another circle. From 'T', an arrow points right to a circle labeled 'M', which is then connected to a circle labeled 'E'. Below this 'E' is another circle. Finally, an arrow points right from this 'E' to a circle labeled 'SS'. On the far right, a circle labeled 'C' is connected to a circle below it. Dashed lines also connect the top-left 'C' to the top-left circle, and the top-right 'C' to the top-right circle.

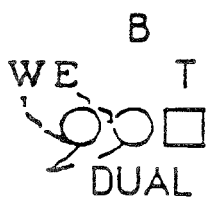
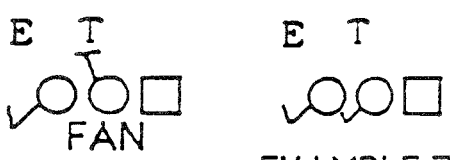
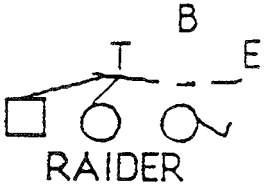
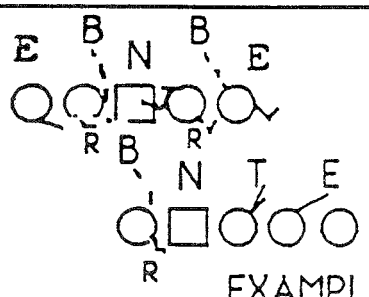
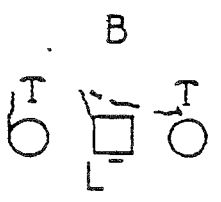
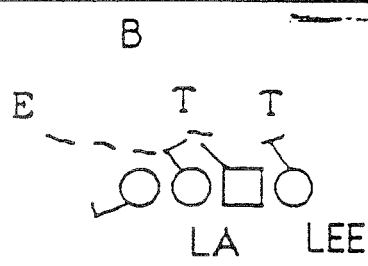
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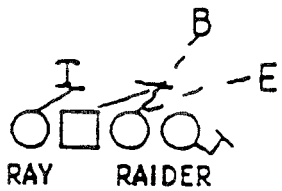
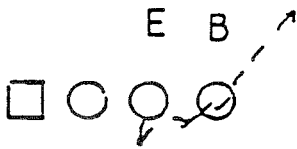

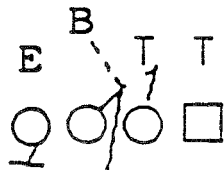
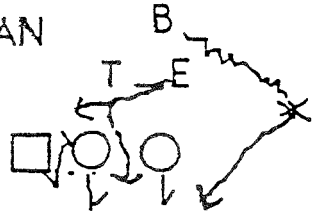
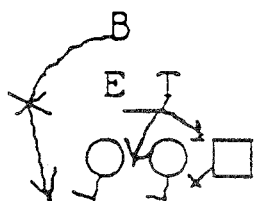
A diagram of a 1D lattice with sites labeled C, SS, E, P, T, M, E, S, and C. Sites C, SS, E, P, M, E, and S are represented by circles, while site T is a square. Vertical dashed lines connect sites C, SS, E, P, T, M, E, and S. Horizontal dashed lines connect sites SS to E, E to P, P to T, T to M, M to E, and E to S. Arrows point downwards from sites E, P, and E. A dashed line with an arrow points from site S to the right.

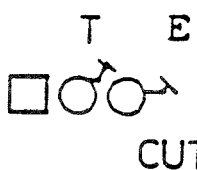

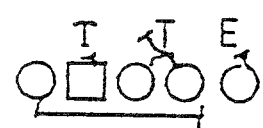
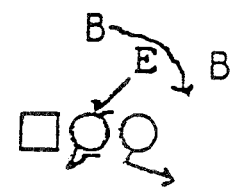
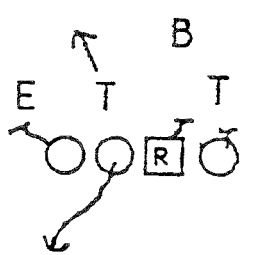
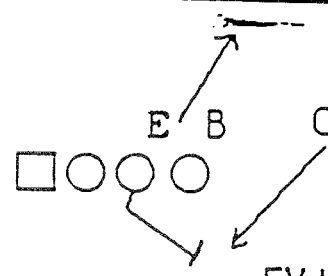
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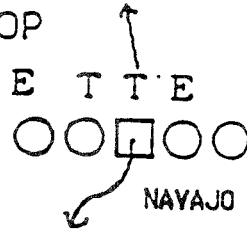
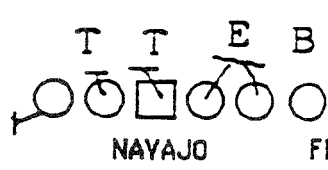
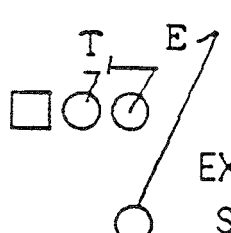
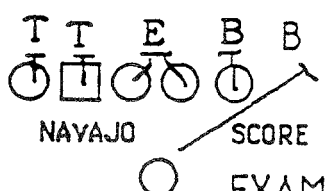
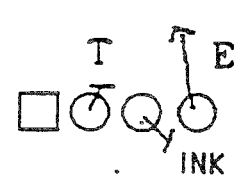
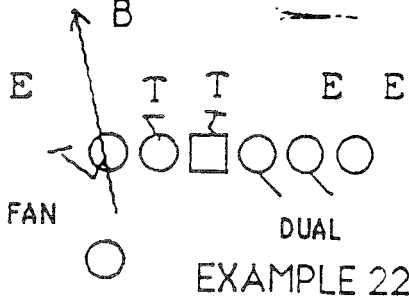
OFFENSIVE LINEMEN

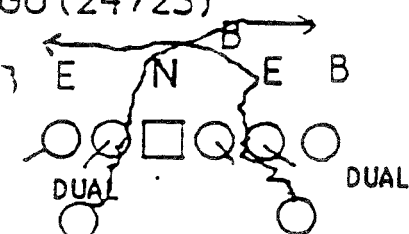
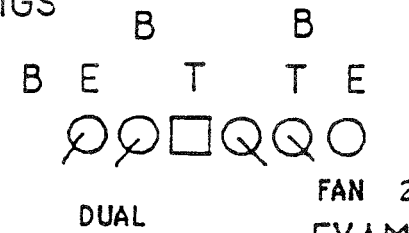
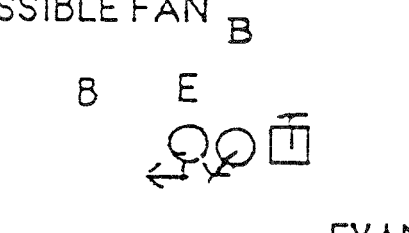
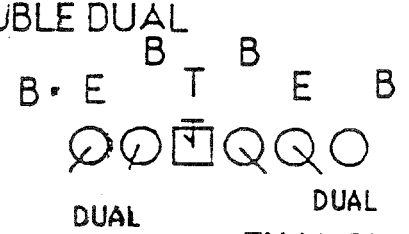

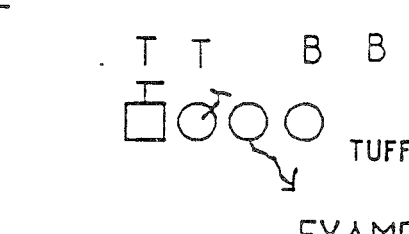
PASS CALLS


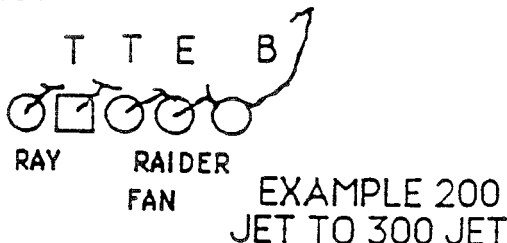
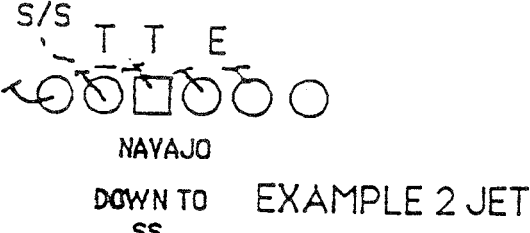
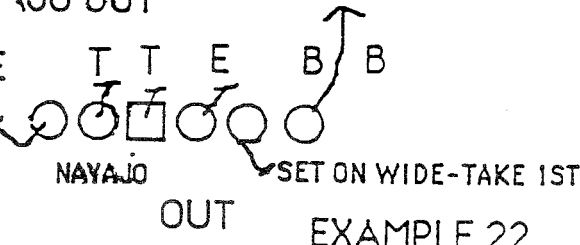
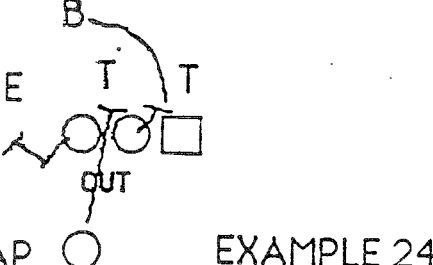
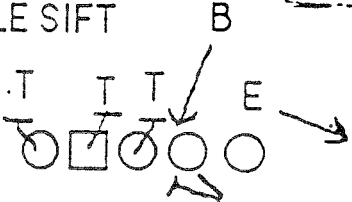
<p>AL</p>  <p>EXAMPLE 2 JET</p>	<p><u>DUAL</u> - GD & TACKLE COMBO READ WHEN GD IS UNCOVERED. READ & BLOCK OR SQUARE UP AND BE FIRM. TACKLE READS COVERAGE & WILL - GD READS END.</p>
<p>AN</p>  <p>EXAMPLE 76</p>	<p>GD & TACKLE SET ON MAN AREA ALL STUNTS. POTENTIAL OF UP KICKS.</p>
<p>RAIDER</p>  <p>EXAMPLE 22</p>	<p><u>RAIDER</u>-CENTER & GD (RT) SLIDE FROM DOWN (T) TO LB'ER. GD READS BACKER TO DEF. END WHILE POSTING DOWN T WITH INSIDE ARM.</p>
 <p>EXAMPLE 24</p>	<p><u>"R"</u> - CENTER AND UNCOVERED GD STEPS TO RIGHT. TACKLE ON RIGHT SLIDES WITH CALL-BASE PROTECTION</p>
 <p>EXAMPLE 25</p>	<p>L - CENTER STEPS TO CALL - GD AJUSTS TO OUTSIDE - CENTER DOUBLE BUMPS.</p>
 <p>EXAMPLE 50</p>	<p>CENTER & LT GUARD SLIDE LEFT IN LA CALL. RT GUARD BLOCKS NOSE</p> <p>CENTER DRAGS -</p>

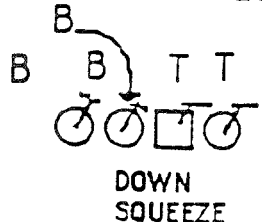
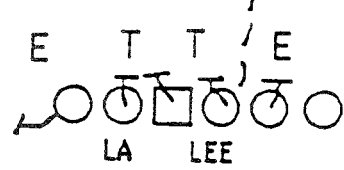
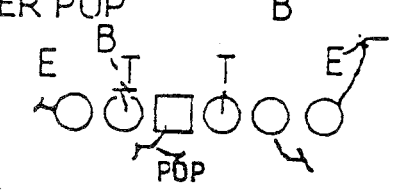
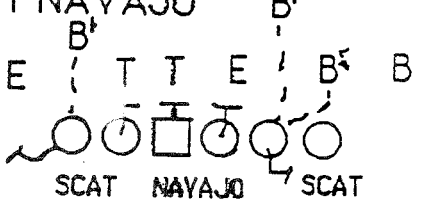
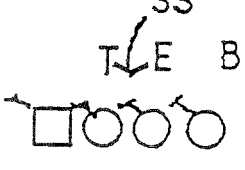
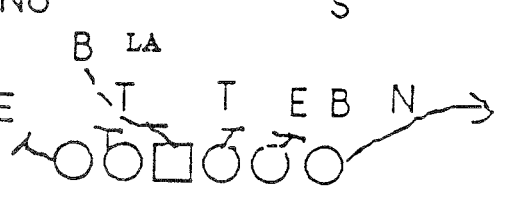
<p>RAIDER RAY</p>  <p>RAY RAIDER</p> <p>EXAMPLE 3 JET</p>	<p>RAIDER - RAY - CENTER & RT GUARD IN RAIDER - LT GUARD TAKE NOSE - CENTER DRAGS</p>
<p>LOW</p>  <p>SLOW EXAMPLE 70</p>	<p>TE CALL IN PROTECTION TO TACKLE - AREA SET FOR STUNTS - SLIGHT INSIDE STEPS.</p>
<p>NAVAJO</p> <p>E T T E B B</p>  <p>NAVAJO OUT</p> <p>EXAMPLE 22</p>	<p>NAVAJO - INSIDE 3 COVERED BY DOWN LINEMEN.</p>
<p>SQUEEZE</p>  <p>SLOW OUT SQUEEZE</p>	<p>TE IN PROTECTION AND TACKLE UNCOVERED GD & TACKLE WORK IN & TACKLE CHECKS AND COMES BACK OUT.</p>
<p>RAIDER FAN</p>  <p>EXAMPLE 51</p>	<p>CENTER, GD & TACKLE SLIDE TO RT - TACKLE HAS OUTSIDE OF THREE ALERT STUNT.</p>
<p>RAIDER FAN</p>  <p>EXAMPLE 2 JET</p>	<p>CENTER, GD & TACKLE SLIDE TO LEFT SIDE - TACKLE HAS OUTSIDE OF THREE - ALERT STUNT.</p>

<p>CUT</p>  <p>EXAMPLE 325</p>	<p>T CUT IS CALL FOR TACKLE ON 200-300 JET, 324 - 325 ETC - SET TO CUT END & GET HANDS DOWN.</p>
<p>LL/UP KICK</p>  <p>EXAMPLE FOX 2</p>	<p>TECHNIQUE USED TO SELL PLAY ACTION - NO AREA INVOLVED. LOCK OFF RUSHER.</p>
<p>GGLE (RT)</p> 	<p>OFF GUARD PULLS & BLOCKS SAM PROTECT QB ANGLE - OTHER LINEMEN BLOCK POWER RULES.</p>
<p>.P</p>  <p>EXAMPLE 25</p>	<p>TACKLE TECHNIQUE TO SNAP END TO GD & TAKE LB - ALL 4,5 8,9 PROTECTION PLUS DUAL AWAY. (NEVER ON FOX)</p>
<p>ROP</p>  <p>EXAMPLE 76</p>	<p>GD ASSUMES NEXT MAN OUTSIDE IF TACKLE DROPS IN COVERAGE.</p>
<p>OP</p>  <p>EXAMPLE 24</p>	<p>TACKLE ASSUMES NEXT MAN OUTSIDE IF END DROPS TO COVERAGE.</p>

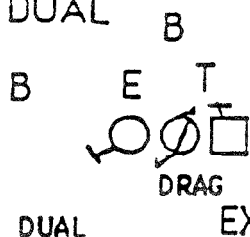
<p>NOSE DROP</p>  <p>EXAMPLE 77</p>	<p>CENTER GOES TO CALL SIDE IF NOSE DROPS IN COVERAGE.</p>
<p>NAYAJO FRUIT</p>  <p>EXAMPLE 24</p>	<p>FRUIT CALL TO T.E. SIDE TACKLE & GUARD IN 4,5 8,9 PROTECTION VS NAYAJO CALL.</p>
 <p>EXAMPLE: SPRINT RT</p>	<p>TECHNIQUE USED BY TACKLE IN SPRINT PROTECTION WHEN UNCOVERED - STEP TO END & THEN PIN TACKLE.</p>
<p>E</p>  <p>EXAMPLE 24</p>	<p>TIGHT END CALL TO BACK - TE BLOCKS STRETCH MAN OVER - BACK ON OUTSIDE MAN - TACKLE THINKS SQUEEZE. FRUIT ON NAYAJO.</p>
 <p>EXAMPLE FOX 2</p>	<p>TIGHT END CALL TO TACKLE TAKING INSIDE RELEASE.</p>
<p>B GAP</p>  <p>EXAMPLE 22</p>	<p>B GAP IS TERM FOR HB, FB RELEASE - GD' & TACKLE - BE AWARE OF LANE OF BACK - USE BACK PRESENCE - BACK WILL HIT HIS WAY THROUGH.</p>

<p>BINGO (24 /25)</p>  <p>EXAMPLE 24 BINGO</p>	<p>PROTECTION WHERE UNCOVERED GD & HIS TACKLE DUAL - BACKS CHECK & GO (VS GD COVERED)</p> <p>FREE VS UNCOVERED GD</p>
<p>2 BIGS</p>  <p>EXAMPLE 50</p>	<p>PROTECTION CALL TO ALERT CENTER SLIDE IS OFF - GD/TACKLE MUST FAN - BACKS PROTECTION CHANGES SOME EXCEPTIONS</p>
<p>POSSIBLE FAN</p>  <p>EXAMPLE 24/78</p>	<p>IN 4,5 8,9 BASE PROTECTION - GD & TACKLE TO FAN OUT - BACK INSIDE.</p>
<p>DOUBLE DUAL</p>  <p>EXAMPLE 22 SCAT</p>	<p>BOTH SIDES DUAL READ - CENTER IN SINGLE PROTECTION.</p>
<p>SLIDE</p>  <p>EXAMPLE 2 JET</p>	<p>3 TAKE 4 IN DECLARING OUTSIDE MAN - GO BY INSIDE MAN - ONLY TAKE IF BLITZES B GAP</p>
<p>TUFF</p>  <p>EXAMPLE 76</p>	<p>CALL BY TIGHT END TO ALERT TACKLE OF 2 OUTSIDE.</p> <p>SET FOR WIDE, TAKE 1ST.</p>

<p>AN CALL</p> 	<p>CALL IN DUAL SYSTEM TO ALERT PEOPLE DUAL IS OFF - GD/CENTER POP & TAKE 2 - WALK UP LB.</p>
<p>E-DIRECT</p> 	<p>CALL TO CHANGE DIRECTION OF DUAL OR SLIDE AT L.O.S.</p>
<p>NAVAJO DOWN</p> 	<p>TURN WK PROTECTION VS NAVAJO - POINT OUT MAN GOING DOWN TO - AWAY FROM Y.</p>
<p>NAVAJO OUT</p> 	<p>PROTECTION VS NAVAJO THAT CENTER DECLARES. TACKLE TO Y SETS OUT FOR WIDE TAKES 1ST</p>
<p>P</p> 	<p>GD CALL TO BACK ON A GAP BLITZER. SWITCH ASSIGNMENTS WITH BACK. BACKER MUST SHOW BLITZ OR BE ON MOVE.</p>
<p>TACKLE SIFT</p> 	<p>TACKLE READS 2 IF SAM: SHOWS B GAP - NEVER TO A GAP UNLESS NAVAJO.</p>

<p>NAVAJO DOWN/SQUEEZE</p>  <p>DOWN SQUEEZE</p> <p>EXAMPLE 77</p>	<p>GD/TACKLE CALL FOLLOWING NAVAJO MUST SQUEEZE DOWN TURN LOOSE OUTSIDE MAN.</p>
<p>SCAT</p>  <p>LA LEE</p> <p>EXAMPLE 22 SCAT</p>	<p>PROTECTION CALL THAT TURNS AWAY FROM NUMBER - REMAINING TACKLE TAKE LB</p>
<p>CENTER POP</p>  <p>POP</p> <p>EXAMPLE 76 SCAT</p>	<p>SCAT PROTECTION WITH CENTER UNCOVERED (NICKEL) - CENTER POPS & HELPS BOTH SIDES.</p>
<p>AT NAVAJO</p>  <p>SCAT NAVAJO SCAT</p> <p>EXAMPLE 22 SCAT</p>	<p>SCAT PROTECTION VS NAVAJO - BOTH SIDES SCAT - ACCOUNT FOR BLITZER</p>
<p>IMBO</p>  <p>SS</p> <p>EXAMPLE SPRINT OPTION</p>	<p>CALL FROM TACKLE TO TE TO COME DOWN FOR BLITZER IN A/B GAP</p>
<p>CASINO</p>  <p>LA</p> <p>EXAMPLE 358 CASINO</p>	<p>CENTER DECLARES MIKE SIDE (58 WK/ 78 STRONG) GD & TACKLE TAKE NEXT 2 - T.E. STRIKES & GOES.</p>

DRAG DUAL

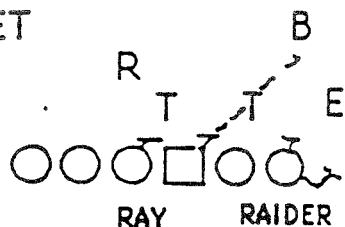


EXAMPLE 24 BINGO

CENTER CALL TO GD IN DUAL TO DRAG OFF NOSE AS HE DUALS. DON'T LOOK AT NOSE!!!!

PRO. FOR OFFSET NOSE

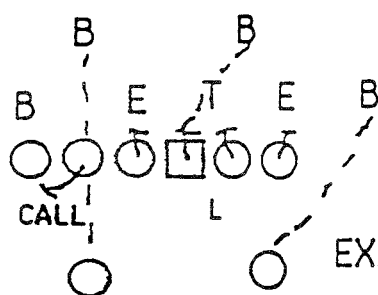
JET



EXAMPLE 3 JET

TURN PROTECTION AWAY FROM NUMBER.

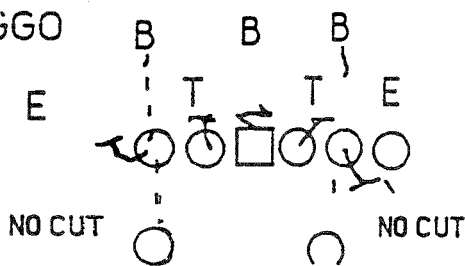
ASE



EXAMPLE 25

PROTECTION WITHOUT DUAL - BACKS/AND OR Y ARE IN BASE CALL - NO DUALS -

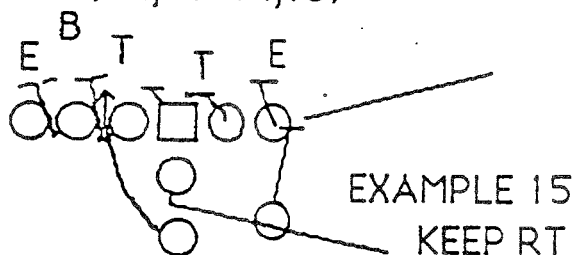
GO



EXAMPLE 324 SLUGGO

TERM IN ROUTE WITH 200-300 PROTECTION. QB WILL PUMP BALL & RESET. T'S DO NOT CUT - SET FOR 5 STEPS. C & GS SET SHORT.

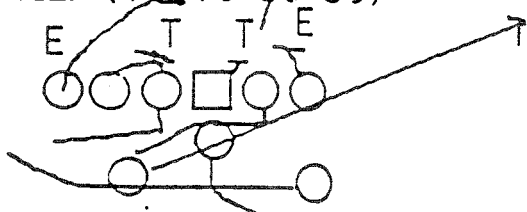
AKE KEEP (34,35-14,15)



EXAMPLE 15
KEEP RT

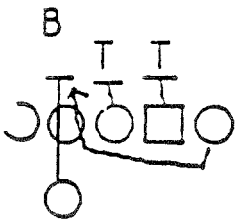
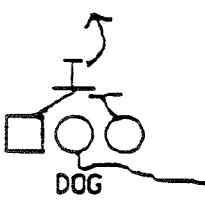
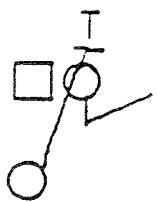
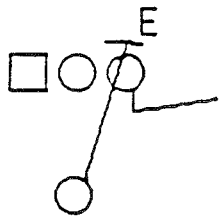
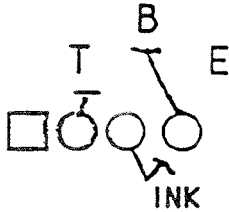
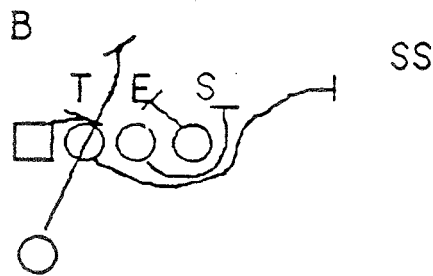
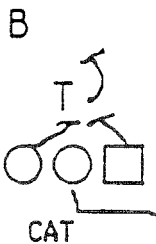
MAN BLOCKING KEEPS - CENTER DECLARES TRIPLE - BLOCK 1 MAN OUTSIDE OF ASSIGNMENT BACK TACKLE HARD INSIDE.


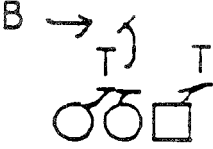
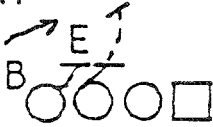

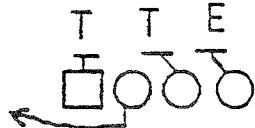
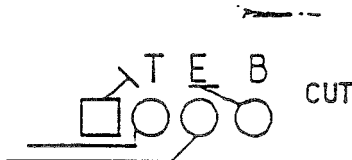
AKE KEEP (18-19 38-39)



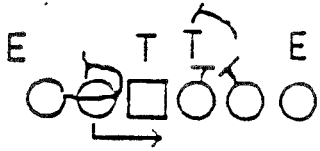
EXAMPLE 19 KEEP RT

SWEEP BLOCKING KEEPS - BOTH GD'S MUST PULL TO RUN SIDE - T TO BACKSIDE SELL INSIDE.

<p>AM CALL</p>  <p>EXAMPLE 17 POWER</p>	<p>CALL ON POWER FROM FB TELLING HIM TO BLOCK SAM WITH INSIDE RELEASE</p>
<p>DOG</p>  <p>EXAMPLE 18 W</p>	<p>CENTER TACKLE COMBO FROM DOWN TO LB'ER</p> <p>DOG - FRONTSIDE</p>
<p>FLUENCE</p>  	<p>GD OR TACKLE PULL AWAY TO INFLUENCE FOR WHAM BLOCK.</p>
 <p>EXAMPLE FOX 2 RUN</p>	<p>TIGHT END CALL ON FOX 2-3 RUN. TIGHT END ON SAM & TACKLE TO BLOCK ON END</p>
<p>3</p> 	<p>GD CALL TO CENTER VS 4-3 DEF 18 'G' LEAD CENTER MUST REACH & AREA WITH FB.</p>
<p>CAT</p>  <p>EXAMPLE 16 POWER</p>	<p>CENTER TACKLE COMBO FROM DOWN TO LB'ER AWAY FROM CALL</p> <p>CAT - BACKSIDE</p>

LUG  EXAMPLE 35	CENTER & GD COMBO FROM NOSE TO LB'ER - FAST OR SLOW AWAY FROM CALL ADJUST WITH MAN CALL BY GUARD.
COOP  EXAMPLE 14	GD & TACKLE FROM DOWN TO LB'ER- FAST OR SLOW AWAY FROM CALL ALERT TRIPLE OR CUT CALL
ELEPHANT  EX 38 HAND OFF	TIGHT END/TACKLE CALL TO SHUT OFF END TO LB'ER ON 8/9 HOLES AWAY FROM CALL ALERT TO SS -
MBO  EXAMPLE 16 'G' LEAD	TIGHT END/TACKLE/GUARD IN G.L./SHYDG SITUATION FOR FAST ELEPHANT.
SLICE 	TIGHT END CUTTING DOWN LINEMAN TO INSIDE - NO HELP FROM TACKLE.
O-YO  EXAMPLE 35 CTR	CTR. PLAY CALL FROM CENTER TO TIGHT END TO REACH 1ST DOWN LINEMAN TO SAM.

PRINT TURN BACK

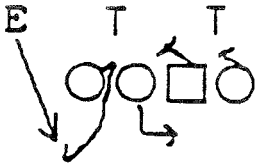


EX - 16 POWER

TACKLE TECHNIQUE TO PULL,
CHECK LB'ER RUN THRU
BACK TO END

HELP

BACK



CENTER TO TACKLE TO HELP ON
DOWN BACK OUT TO CHASER.

RED



EXAMPLE 10 'O'

CENTER/GUARD COMBO TO 4-3



EXAMPLE 19 'G' LEAD

TACKLE TECHNIQUE TO SLOW DOWN
END & CHASE LB'ER OVER TOP.
SLOW & FAST ON BACKSIDE

HEAD



EXAMPLE FB 40

CENTER CALL TO GUARD TO READ
BLOCK ON NOSE - IF OR MAN ON
READ.

CALL

B


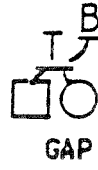
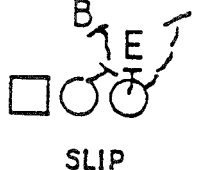
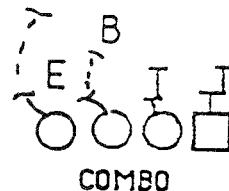
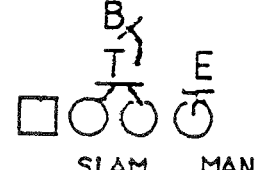

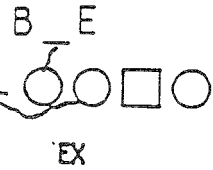
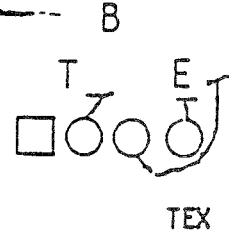


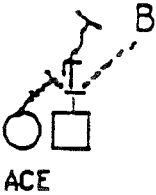
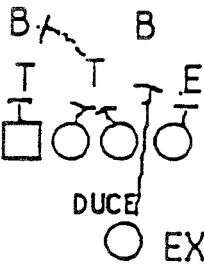
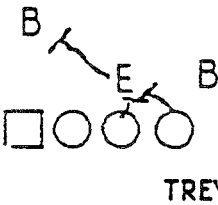
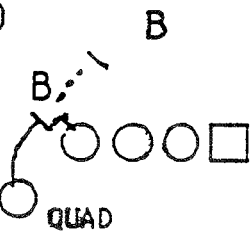

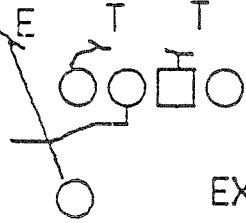
EXAMPLE 35 CTR

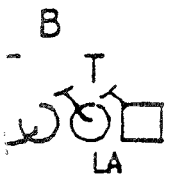
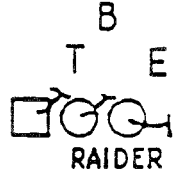

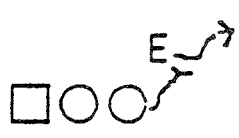


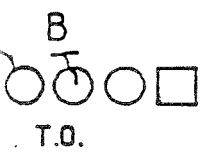
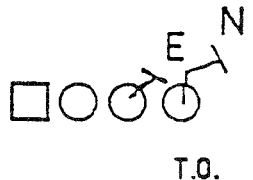
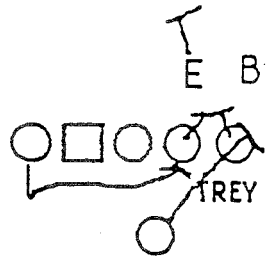
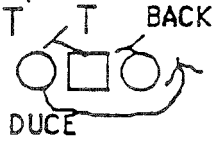
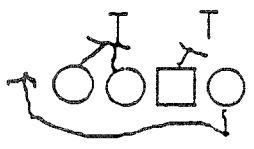
CTR PLAY WEAK VS NAVAJO - T
CALL TO TACKLE ONLY 1 MAN
PULLING.


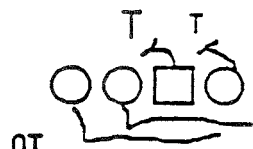
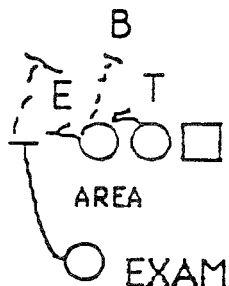

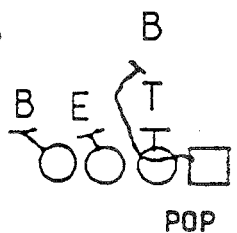
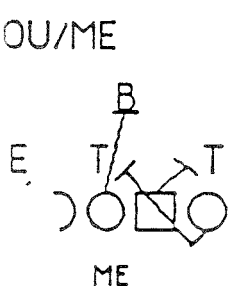
OFFENSIVE LINEMEN



RUN CALLS - FRONTSIDE - BACKSIDE

<p>GAP</p>  	<p>GAP - COMBO BLOCKS BETWEEN CENTER AND GUARD VS 4-3 LOOK TIGHT OR WIDE VS WIDTH OF PLAY. ALSO VS OFFSET NOSE.</p>
<p>SLIP</p> 	<p>SLIP - COMBO BLOCKS BETWEEN G & T VS GD BUBBLE. TIGHT OR WIDE VS WIDTH OF PLAY.</p>
<p>COMBO</p> 	<p>COMBO - BLOCK BETWEEN TACKLE & TIGHT END. TIGHT OR WIDE VS WIDTH OF PLAY - TACKLE BUBBLE.</p>
<p>SLAM</p> 	<p>SLAM - G & T COMBO FROM DOWN TO OUTSIDE LB WITH TACKLE BUBBLE. END IS MAN BLOCK</p>
<p>JUMP HOOK</p> 	<p>TECHNIQUE USED BY CENTER, GUARD OR TACKLE ON WIDE PLAY TO HOOK DEF. LINEMAN.</p>
<p>TEX</p>  	<p>TECHNIQUE USED BY TIGHT END & TACKLE ON WIDE PLAY - TIGHT END 1ST, TACKLE AROUND.</p>

<p>CE</p>  <p>EXAMPLE FOX 3 RUN</p>	<p>COMBO BLOCK BETWEEN C & GD FROM NOSE TO BACKSIDE LB'ER.</p>
<p>JCE</p>  <p>EXAMPLE 14 BLAST</p>	<p>COMBO BLOCK BETWEEN G & TACKLE FROM DEF T TO BACKSIDE LB'ER.</p>
<p>REY</p>  <p>EXAMPLE 16 POWER</p>	<p>COMBO BLOCK BETWEEN TACKLE & TIGHT END FROM DEF END TO BACKSIDE LB'ER - CHECK MIKE -</p>
<p>QUAD</p> 	<p>COMBO BLOCK BETWEEN TE AND U/FB FROM LB'ER TO BACKSIDE LB'ER.</p>
<p>HAM</p>  <p>EXAMPLE 10 WHAM</p>	<p>FB BLOCKS 1ST DOWN LINEMAN - GD WILL INFLUENCE AND BLOCK OUTSIDE.</p>
 <p>EXAMPLE 19 W</p>	<p>W - ONSIDE GUARD PULL & BLOCK 1ST FORCE TACKLE MAN OR G.</p>

<p>/RAIDER</p>   <p>EXAMPLE: FOX 2-3</p>	<p>C & G COMBO TO DOWN & LB'ER WITH PASS CALL. SAME AS GAP.</p>
<p>WER ARM</p>  	<p>GD/TACKLE TECHNIQUE TO INFLUENCE DOWN LINEMAN TO STRETCH & TURN OUT.</p>
<p>N</p>   <p>TIGHT FAN</p>	<p>GD/TACKLE CALL TO TURN OUT - FAST & TIGHT FANS.</p>
 <p>T.O.</p>  <p>T.O.</p>	<p>TACKLE/TIGHT END CALL TO TURN OUT ON 2ND LEVEL OR YS STRETCH LOOK TO 1ST LEVEL.</p>
<p>WER</p> 	<p>OFF GUARD PULLING AROUND TREY OR DUCE CLEAN UP TO LB'ER.</p>
 <p>EXAMPLE 10 "O"</p>  <p>EXAMPLE 15 "O"</p>	<p>OFF GUARD PULLING AROUND ACE/ DUCE/OR BACK CALL.</p>

<p>BACK</p>  <p>EXAMPLE 17 POWER</p>	<p>CENTER CALL TO GD TO COME DOWN ON NOSE - AUTOMATIC IN O.T. CALL</p>
<p>O.T.</p>  <p>(BACK AUTOMATIC ON O.T.)</p> <p>EXAMPLE 16 POWER</p>	<p>GD & TACKLE PULL ON POWER</p>
<p>AREA</p>  <p>EXAMPLE 39 HANDOFF</p>	<p>TACKLE & BACK CALL TO DOUBLE END TO LB'ER.</p>
<p>TRIPLE</p>  <p>TRIPLE</p> <p>EXAMPLE FAKE 14 QB KEEP PASS LT</p>	<p>CENTER REACH WHEN COVERED TO NEXT MAN BACK GD MUST FOLLOW - IF COVERED TACKLE MUST FOLLOW.</p>
<p>POP</p>  <p>POP</p> <p>EXAMPLE 39 TOSS</p>	<p>CENTER CALL TO GUARD THAT HE WILL PULL ON PLAY - USUALLY WIDE PLAY</p>
<p>YOU/ME</p>  <p>ME</p> <p>EXAMPLE 10 TRAP</p>	<p>GD CALL TO TACKLE AS TO WHOM HAS LB'ER. YOU - TACKLE ON LB'ER ME - GUARD ON LB'ER</p>

TIGHT FAN B  EXAMPLE FOX 2 RUN	FOX 2-3 RUN - FAN IS TIGHT GUARD BUMP END TO WILL.
	

DEFENSES

PERSONNEL

DEPLOYMENT

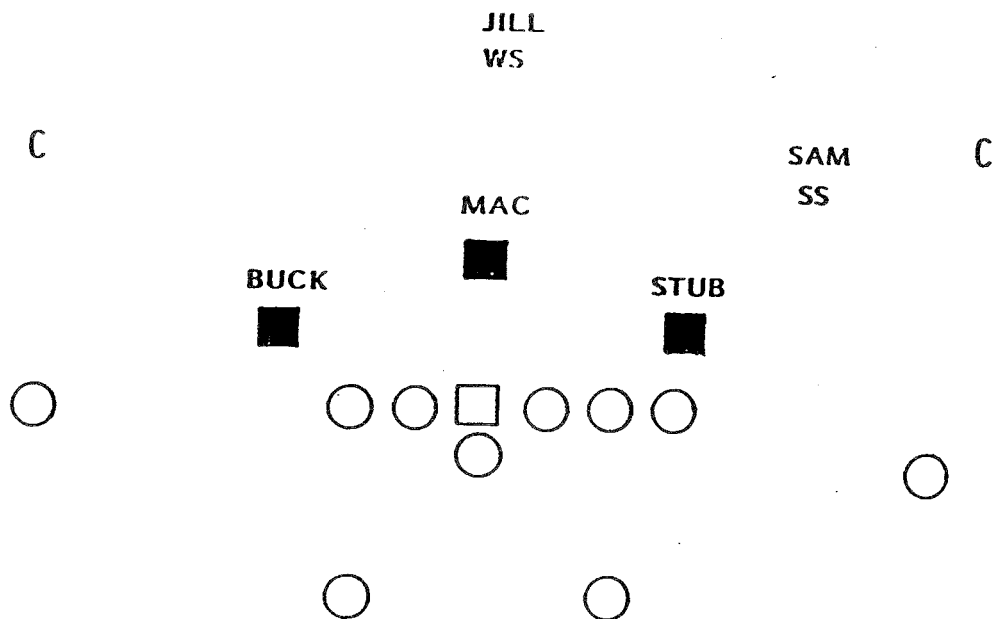
3 DOWN LINE LOOKS

4 DOWN LINE LOOKS

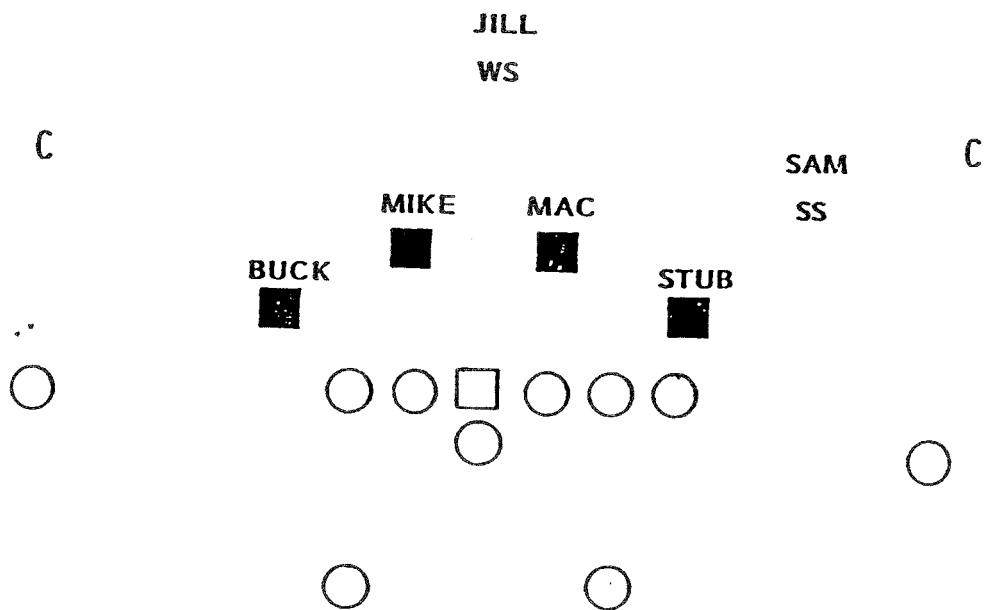
SHORT YARDS LOOKS

GOAL LINE LOOKS

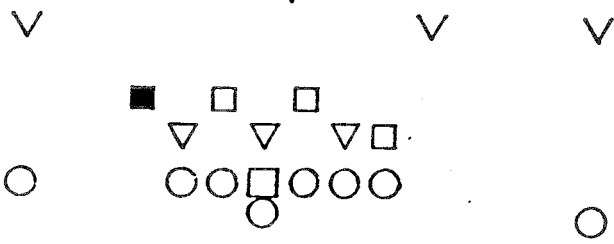
NICKEL LOOKS



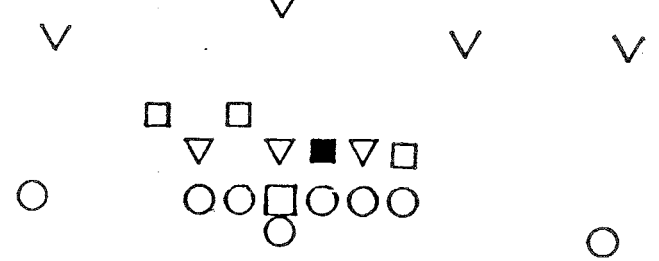
43 DEFENSE



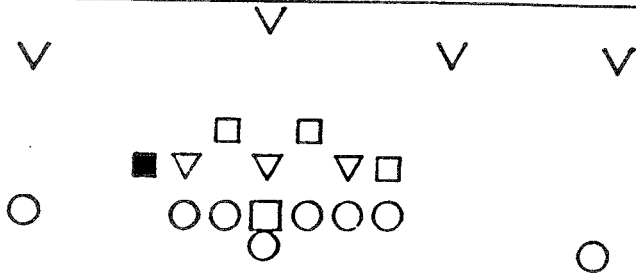
34 DEFENSE



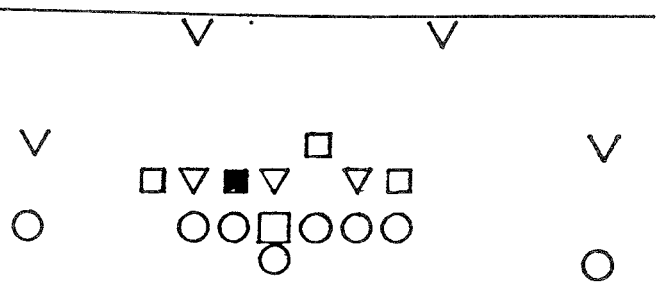
HIP - OFF LOS



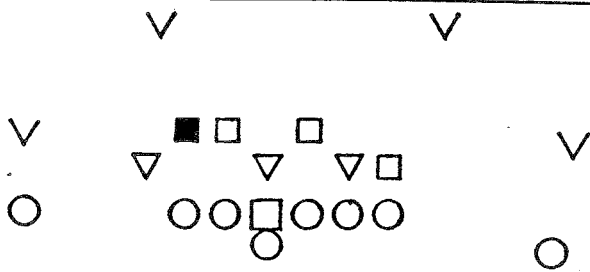
MAC MUG - ON THE GRD



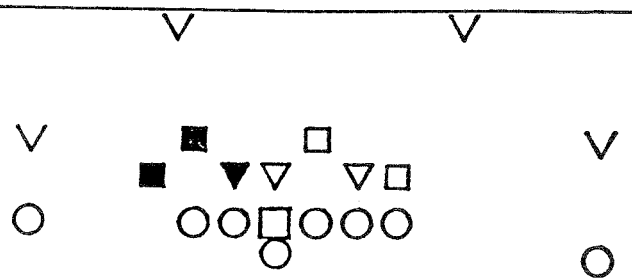
FORCE - ON LOS



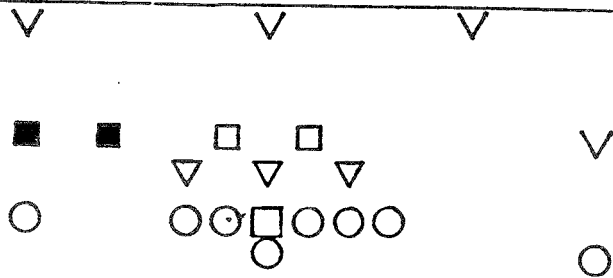
MIKE MUG - ON THE GRD



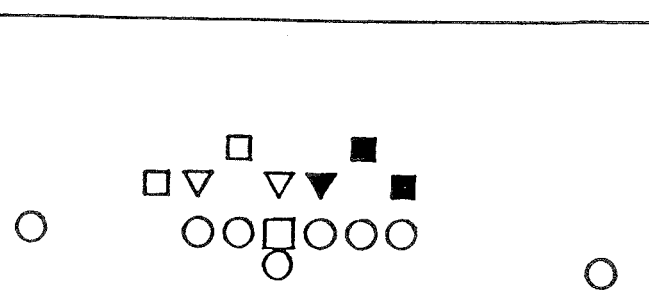
BRONCO - INSIDE DE



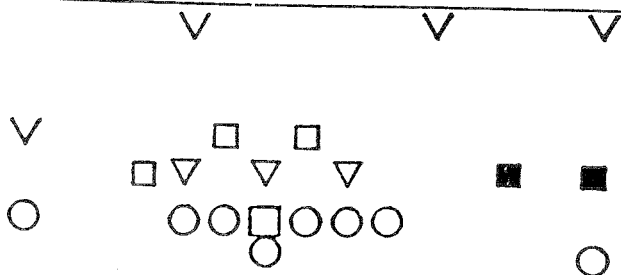
COLT - BUBBLE OVER WK-TAC



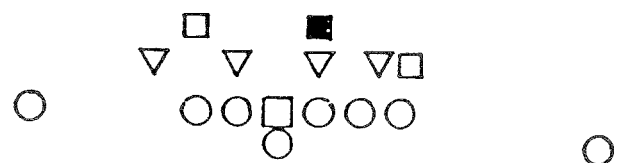
BUCK WALK - 1/2 WAY OR NOSE



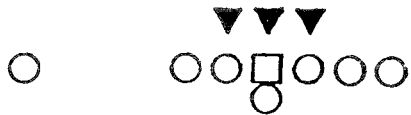
BOW - BUBBLE OVER ST-TAC



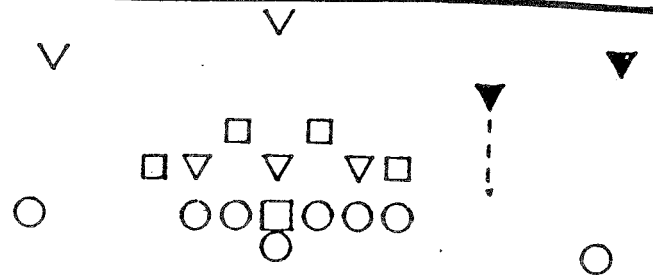
STUB WALK - 1/2 WAY OR NOSE



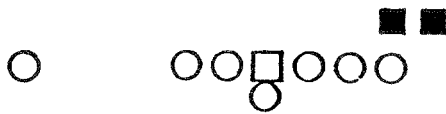
44 - MAC ST



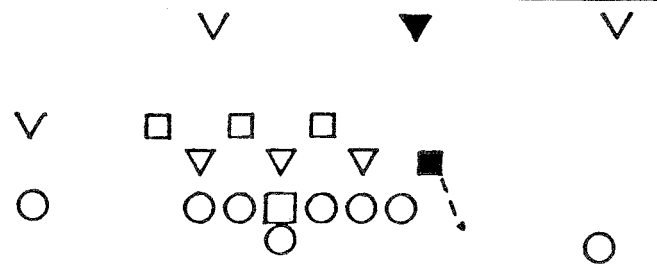
SOLID - CTR GRDS COVERED



SAM - SS FORCE LOOK



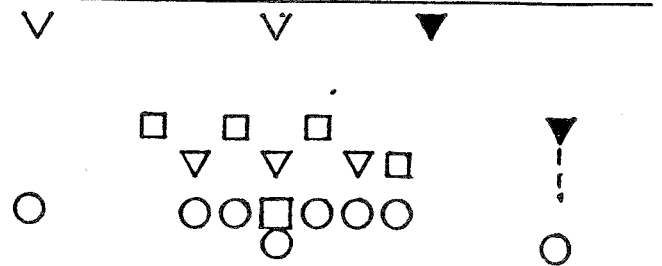
DUBS - 2 LBR-TYPES OVER Y



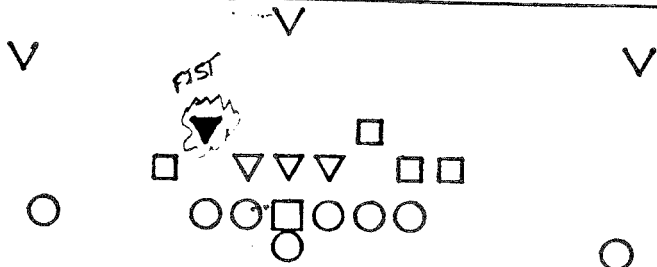
STUB - ST OLB FORCE LOOK



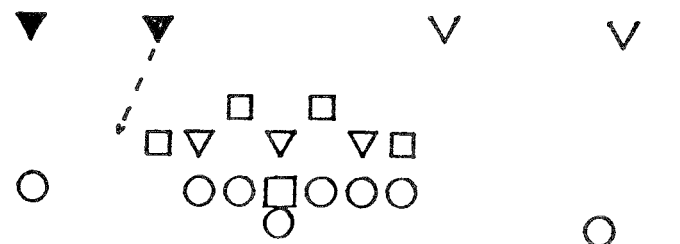
BIG DUBS - 1 LBR-TYPE DL OVER Y



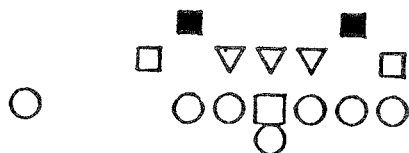
CLEO - CORNER FORCE LOOK



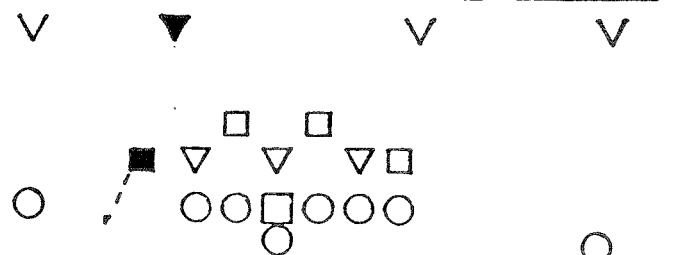
SOLID - DUBS - FIST (SAFETY IN WELL)



JILL - WS FORCE LOOK



SOLID CHARGER



BUCK - WK OLB FORCE LOOK

V

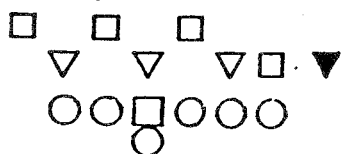
V

V

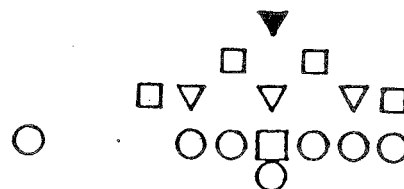
V

V

V



SAM UP - SS ON LOS



DIAMOND - SAFETY UP INSIDE

V

V

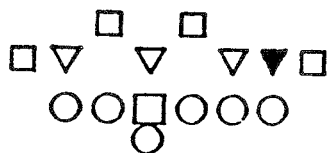
V

▼

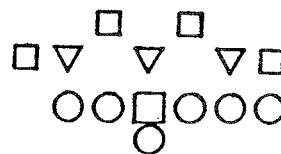
▼

▼

▼



BULL - SAM PRESS

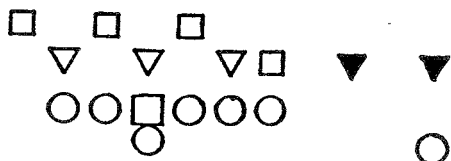


4 ACROSS LOOK

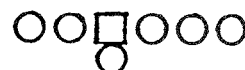
V

V

V



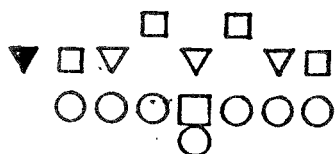
SAM WALK - 1/2 WAY OR NOSE



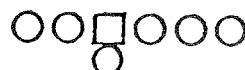
V

V

V



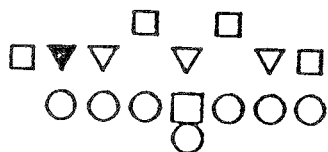
CORNER UP



V

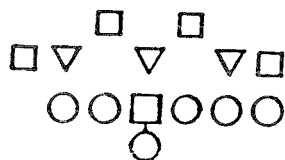
V

V

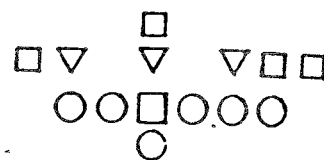


COW - CORNER PRESS

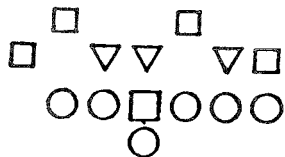




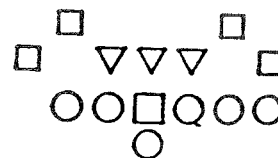
34



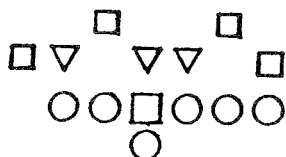
34 PAIR



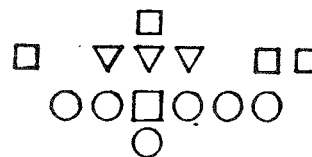
34 COLT



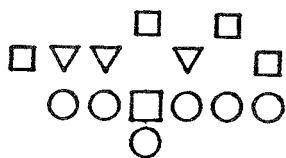
34 SOLID CHARGER



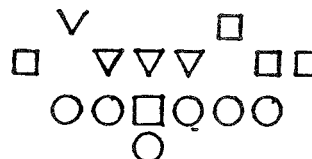
34 BOW



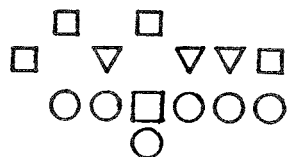
34 SOLID DUBS



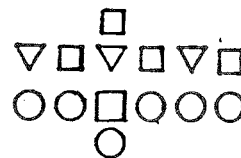
34 UNDER
(Gap Wk)



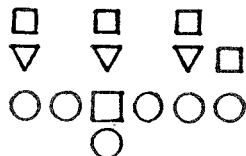
34 SOLID DUBS FIST



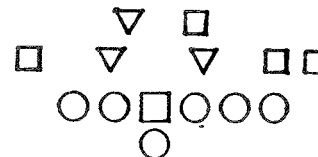
34 OVER
(Gap St)



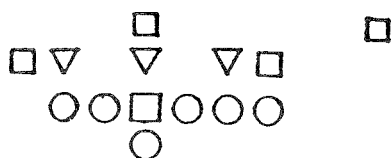
34 SOLID STACK



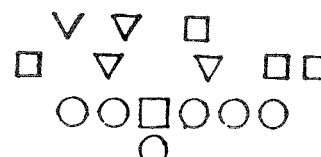
34 STACK



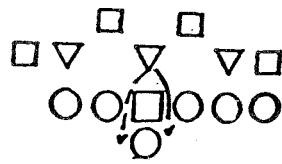
34 SOLID DUBS
(Nose Off)



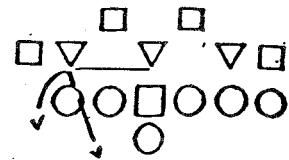
34 MAC-OUT



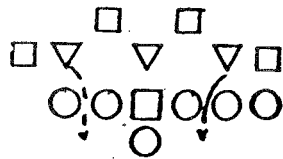
34 SOLID DUBS FIST
(Nose Off)



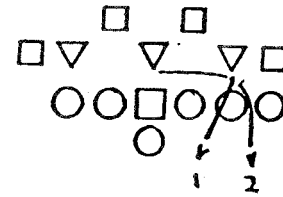
34 NOSE ST (NOSE WK)



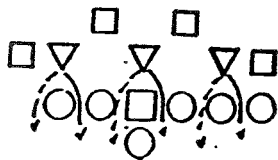
34 WK ENX



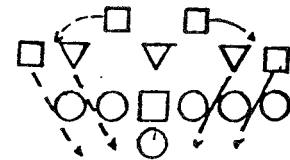
34 ST PINCH (WK PINCH/DBL PINCH)



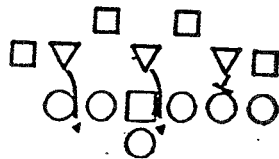
34 ST ENX



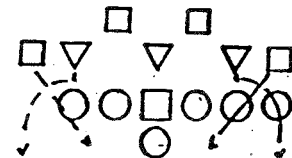
34 SLANT ST (SLANT WK)



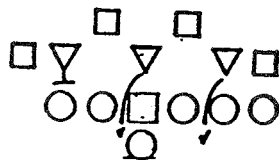
34 STUB 1 PINCH (BUCK 1 PINCH)
Both 2D Pinch



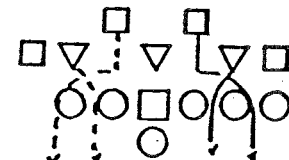
34 HALF SLANT ST



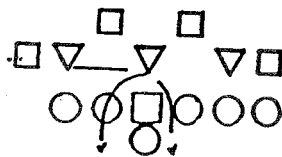
34 SEX (BEX)
Both Sex-Bex



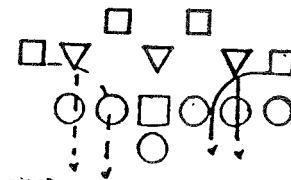
34 HALF SLANT WK



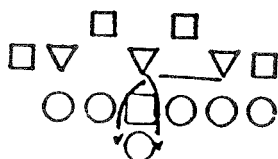
34 ST EM (WK[✓]EM)
Both Dbl EM.



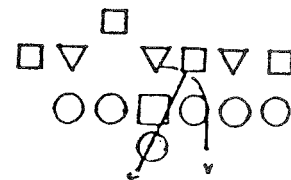
34 WK NEX



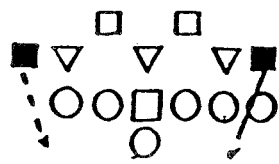
34 SOX (BOX)
Both Sox-Box



34 ST NEX



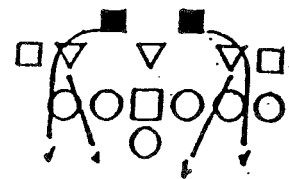
34 MAC MUG MNX



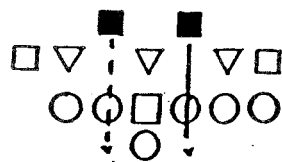
34 BUCK I

STUB I

Drop = LB's
Blitzes = AB's

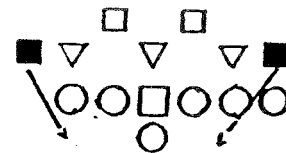


34 DOUBLE EM

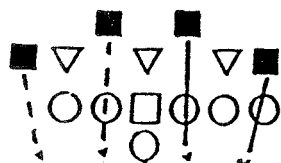


34 MIKE I

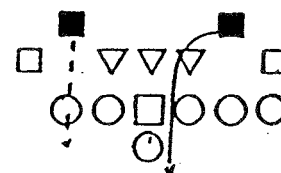
MAC I



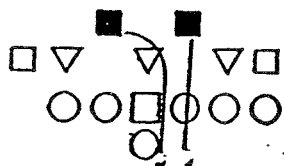
34 2D



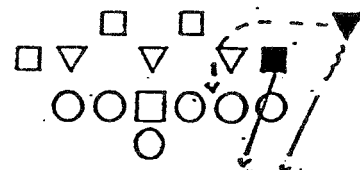
34 BLAST SMACK



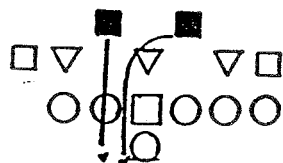
34 SOLID CHARGER MAC BLOW MIKE I



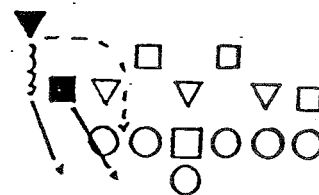
34 MAC MIKE ST



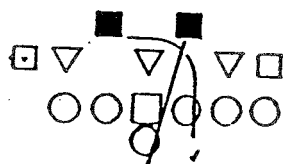
34 STUB I SAM I (SAM DIVIDE)



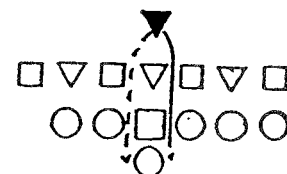
34 MAC MIKE WK



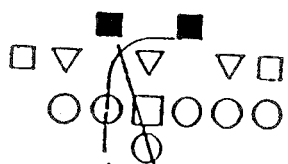
34 BUCK I JILL (JILL DIVIDE)



34 MAC MIKE CROSS ST



34 MAC MIKE MUG JILL BLOW

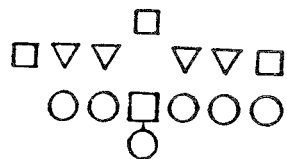


34 MAC MIKE CROSS WK



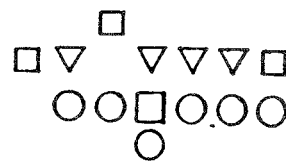
34 BUCK I CAT I

43

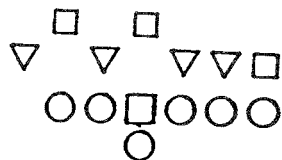


56

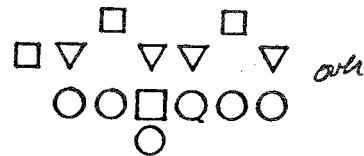
om



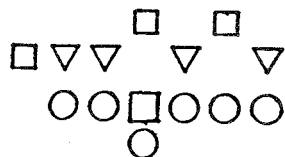
43 COLT



57

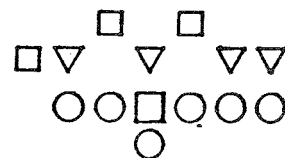


43 BOW

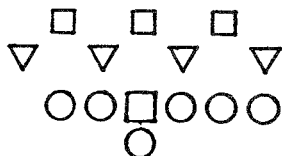


53

→

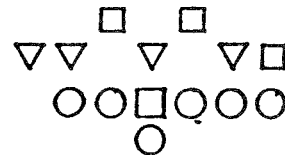


43 BOW COLT

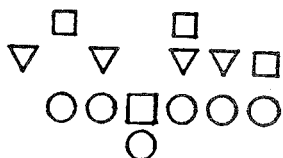


54 WIDE

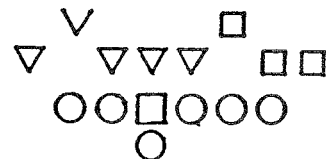
←



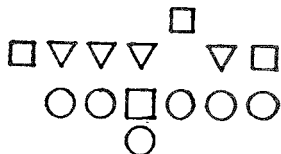
44



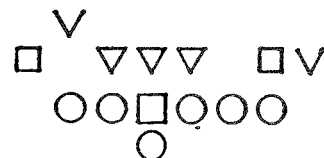
43 SOLID DUBS FIST



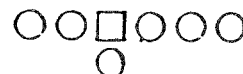
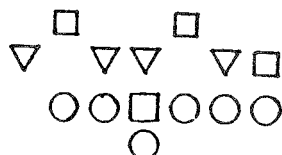
54 FORCE

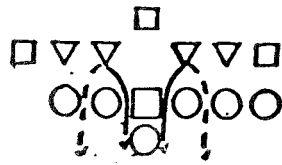


43 SOLID BIG DUBS FIST

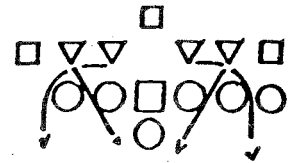


54 COLT

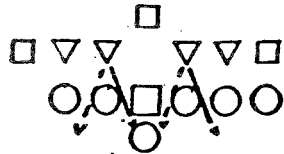




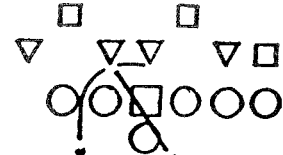
43 TACS PINCH (TACS OUT)



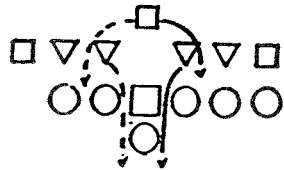
43 ETET (END TAC)



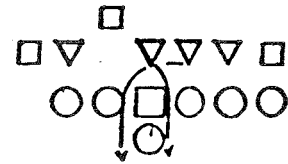
43 TACS SLANT ST (TACS SLANT WK)



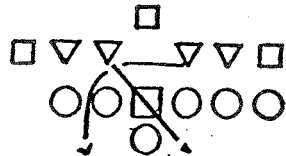
54 . RTN (RT TAC NOSE)



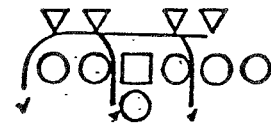
43 SPIKE ST (NAIL-WK)



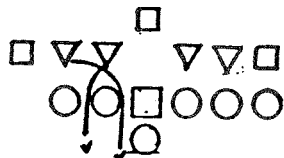
56 LTN (LT NOSE TAC)



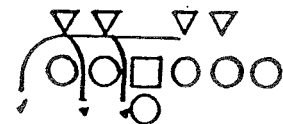
43 RTT (RT TAC TAC)



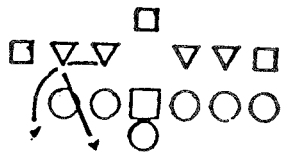
ISO LE (ISO LON)



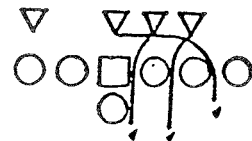
43 RTE (RT-TAC END)



ISO LT (ISO LIN)



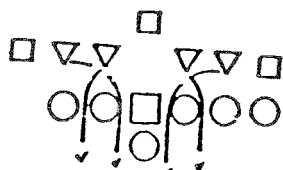
43 RET (RT END TAC)



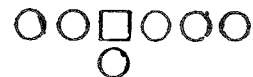
ISO RN

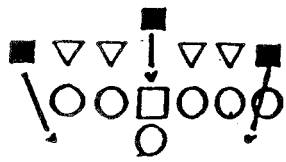


ISO LE

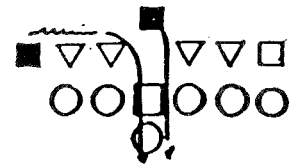


43 TETE (DOUBLE TAC END CROSS)

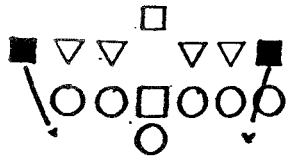




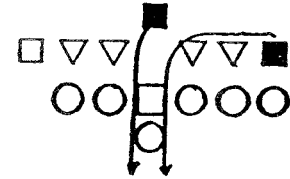
43 BUCK 1 MAC 1 STUB 1 3D



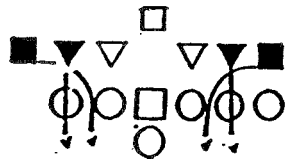
43 MAC BUCK BLOW



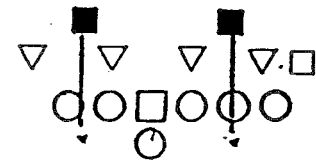
43 2D



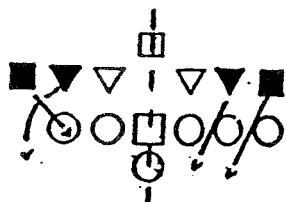
43 MAC STUB BLOW



43 SOX BOX

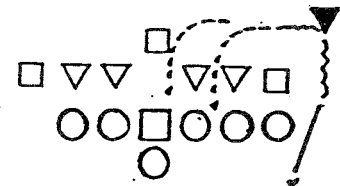


44 MAC BUCK DIVIDE

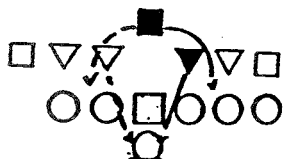


43 BEX (SEX)

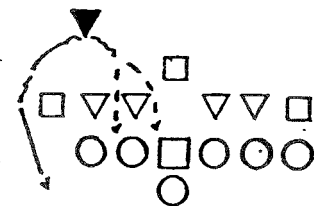
43 STUB 1 ST PINCH



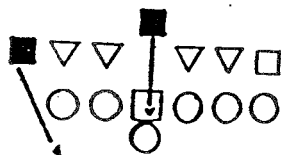
43 SAM 1 (DIVIDE BLOW)



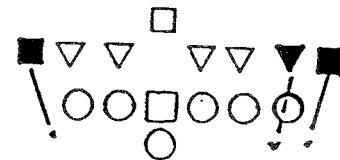
43 SPIKE/ NAIL



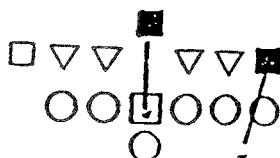
43 JILL 1 (DIVIDE/BLOW)



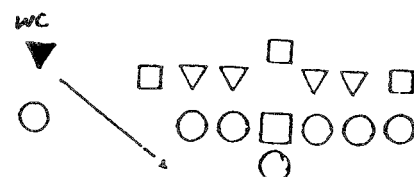
43 BLAST



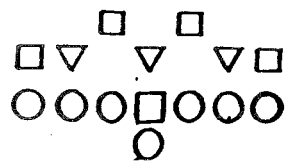
43 BULL 2D SAM KEY



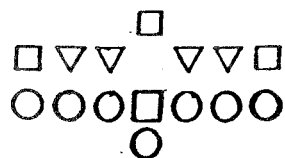
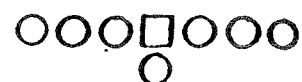
43 SMACK



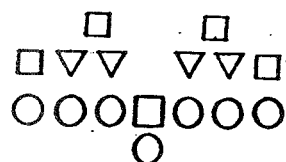
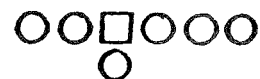
43 CAT 1



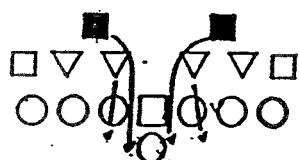
34 READ-SLANT-PINCH-2D



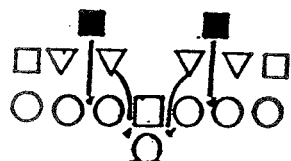
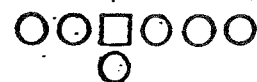
60 READ-SLANT-PINCH-GAP



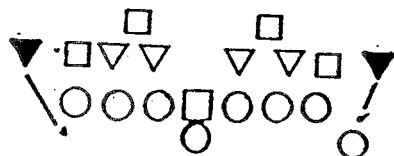
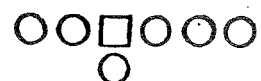
60 PLUGGER READ-SLANT-PINCH-GAP



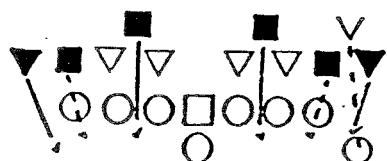
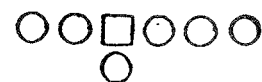
60 PLUGGER BLOW



60 PLUGGER DIVIDE



60 PLUGGER SAM I - CAT I



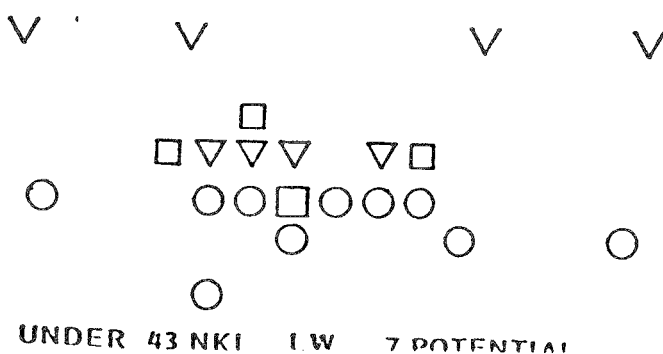
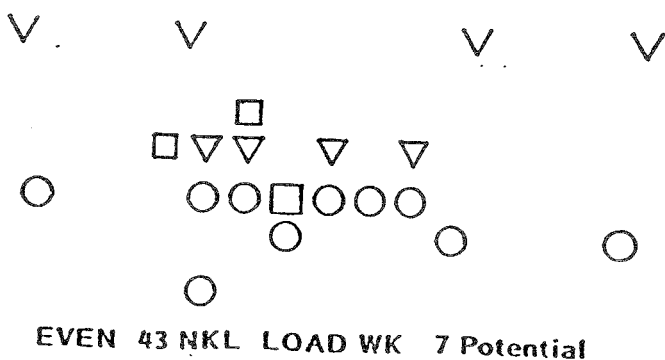
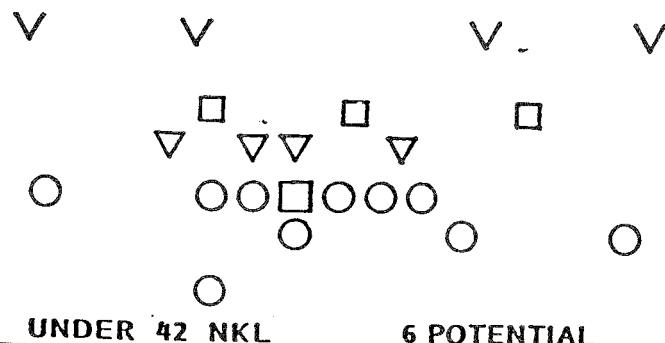
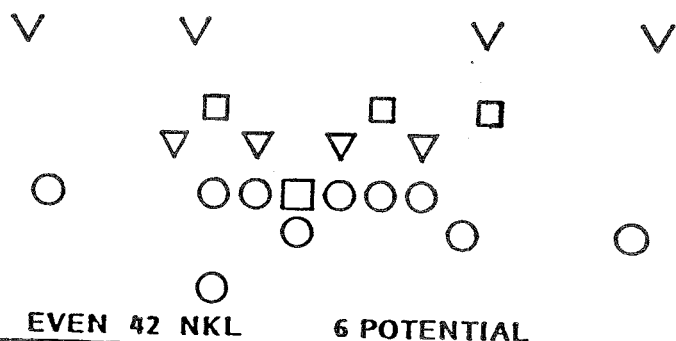
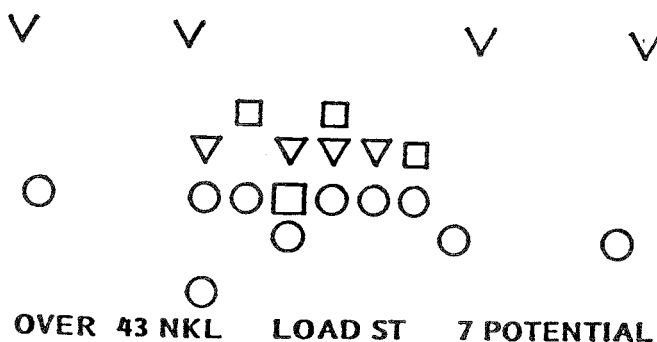
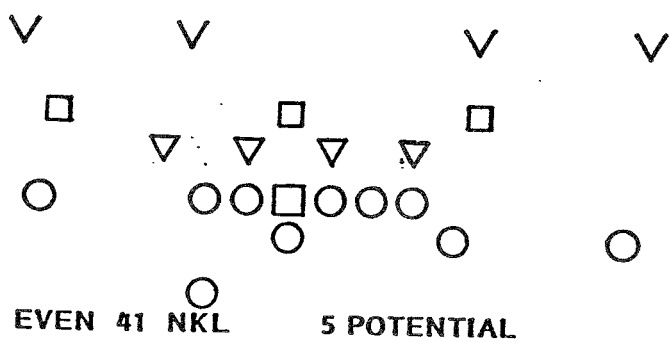
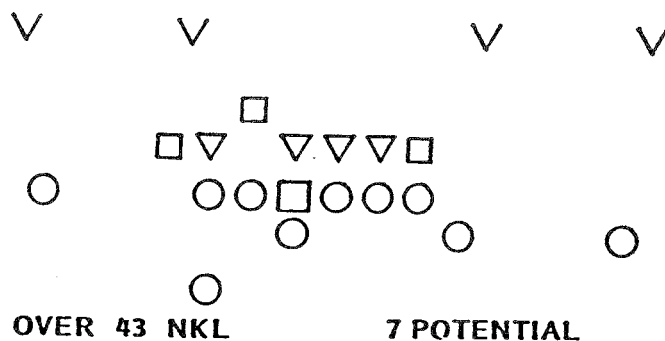
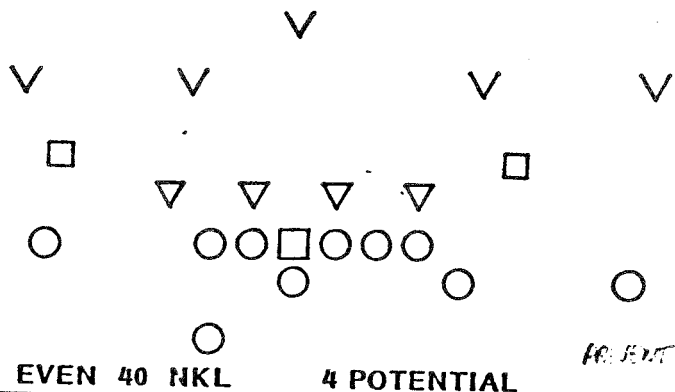
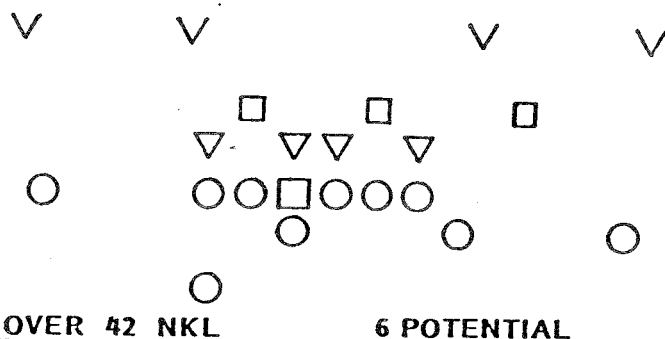
60 PLUGGER DIVIDE SAM I - CAT I

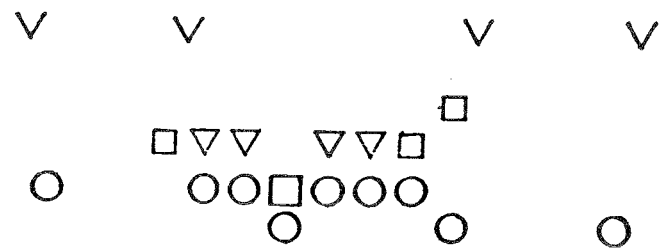


1st - Number of Def. Linemen
2nd - Number of Defenders in box.
Both numbers add up to potential rushers.

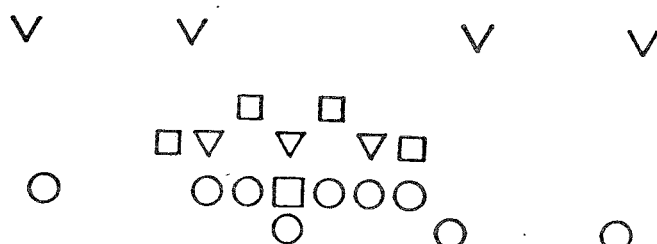
PERSONNEL:

- DEF. LINEMEN
- LBER TYPES
- DEF. BACKS

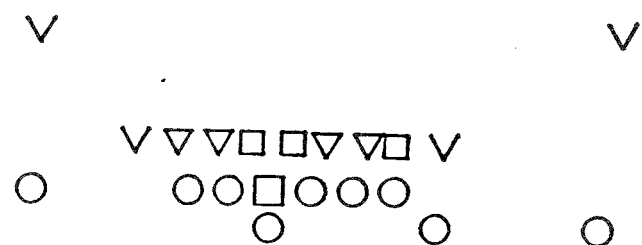




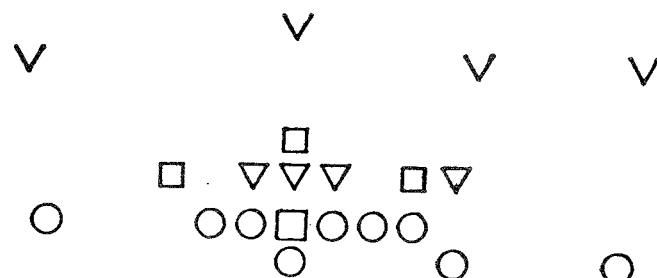
EVEN 43 NKL LOAD ST 7 POTENTIAL



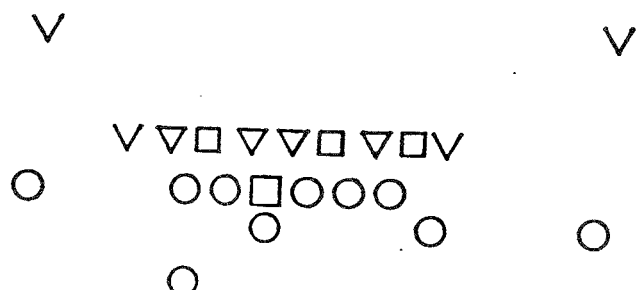
ODD 34 NKL 7 POTENTIAL



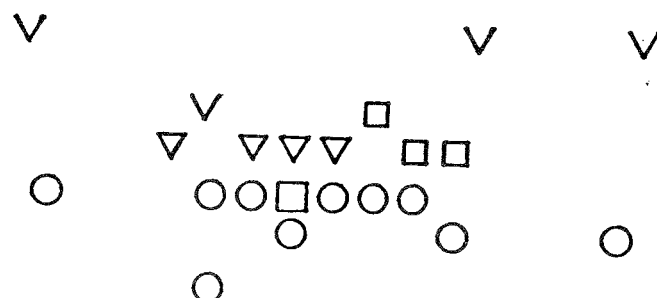
EVEN 44 BLOW NKL LOAD WK.ST 8 POTENTIAL



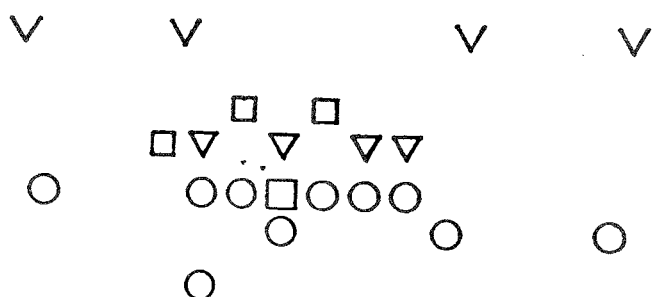
43 SOLID BIG DUBS NICKEL 7 POTENTIAL



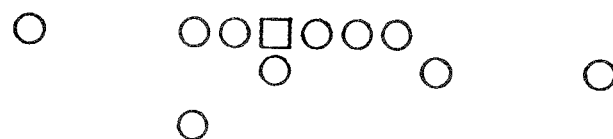
EVEN 44 DIVIDE NKL LOAD WK.ST 8 POTENTIAL



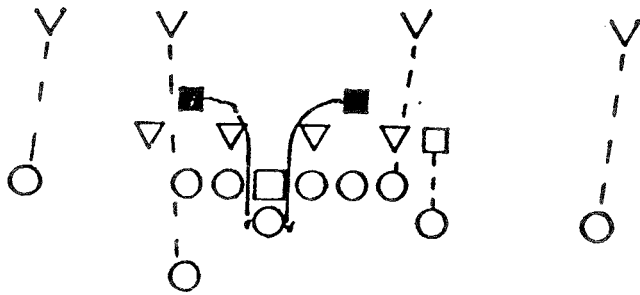
43 SOLID DUBS FIST NKL 8 POTENTIAL



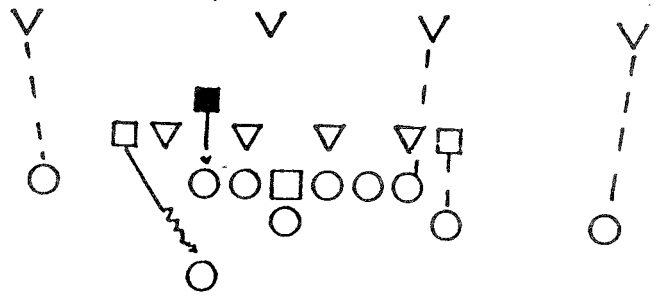
OVER WIDE 43 NKL 7 POTENTIAL



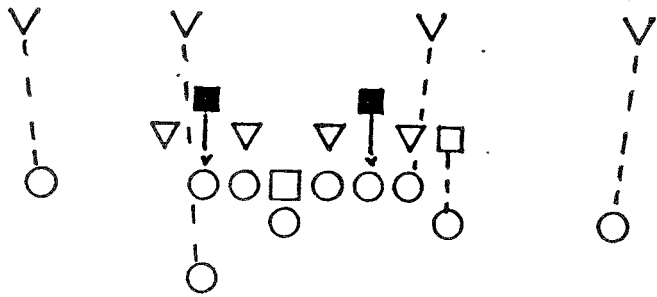
UNDER WIDE 43 NKL 7 POTENTIAL



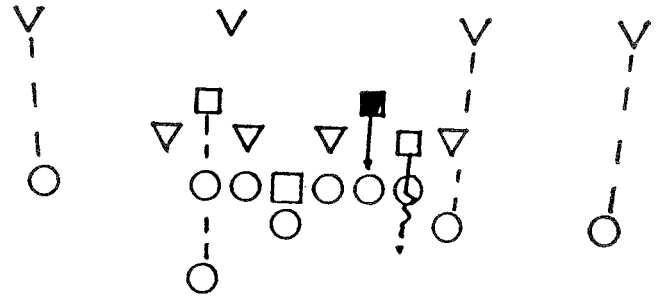
EVEN 43 NKL LS BLOW DOG



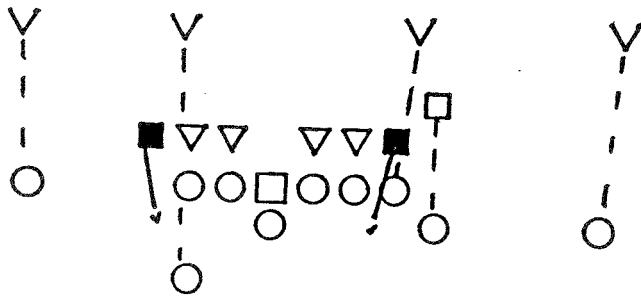
EVEN 43 NKL LW 4 WK DOG KEY



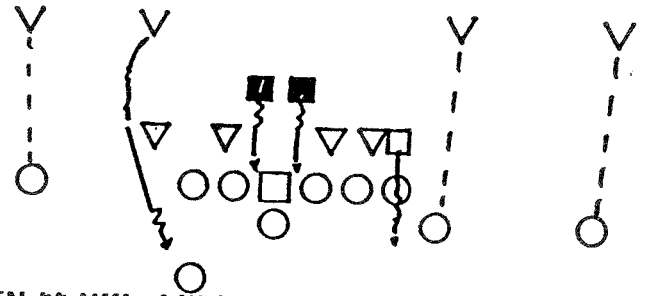
EVEN 43 NKL LS DIVIDE DOG



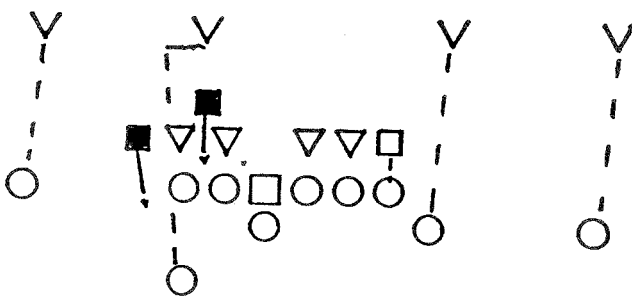
EVEN 43 NKL LS 4 ST DOG KEY



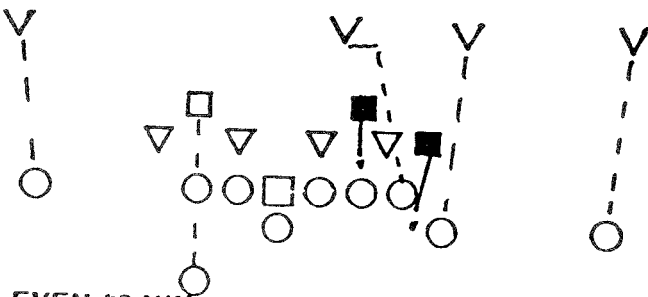
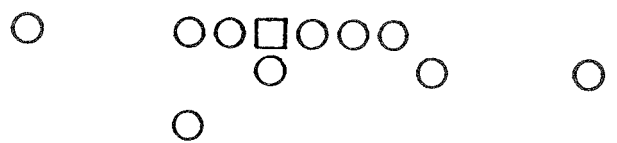
EVEN 43 NKL LS 2 D DOG



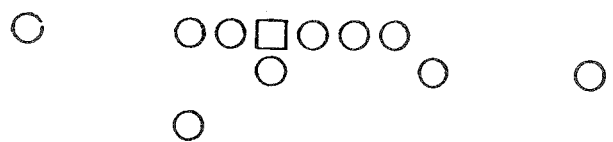
EVEN 44 NKL LW-LS 4 WK ST BLOW DOG KEY

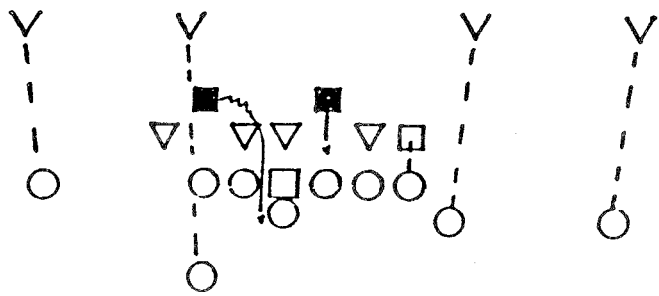


EVEN 43 NKL LW 4 WK DOG

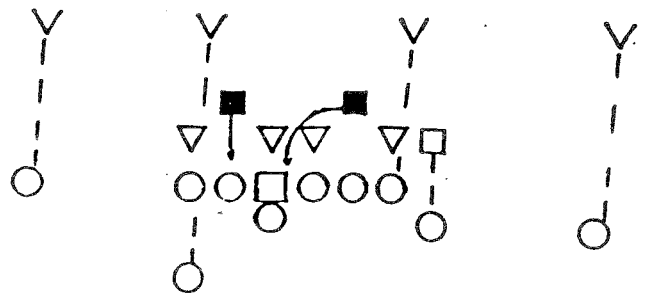


EVEN 43 NKL LS 4 ST DOG

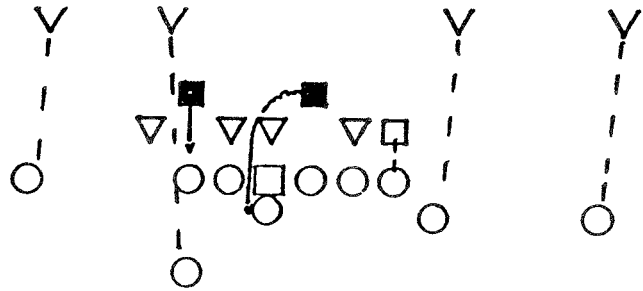




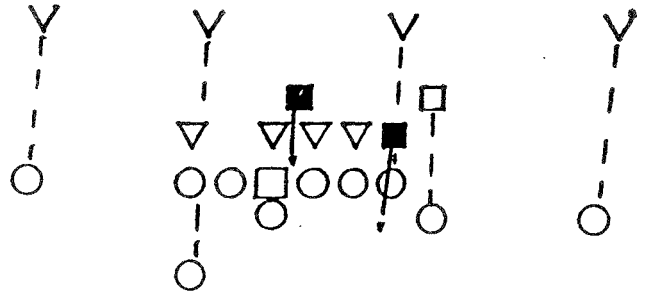
UNDER 43 NKL LS MC I BK BLOW DOG



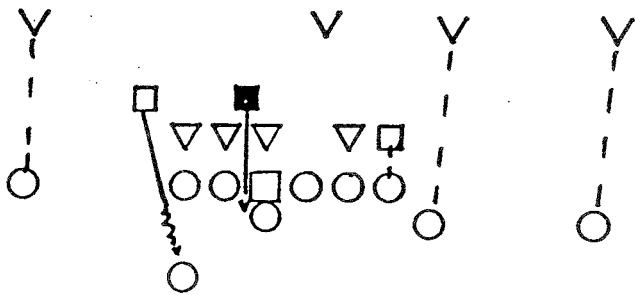
OVER 43 NKL LS MC BLOW BK I DOG



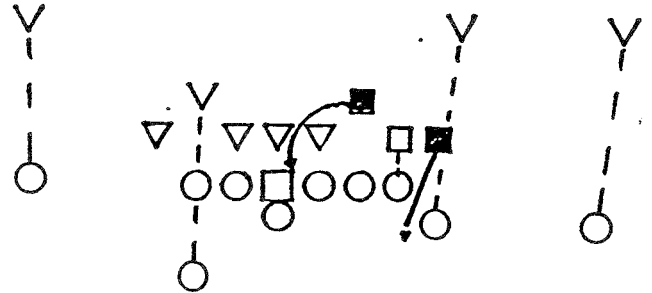
UNDER 43 NKL MC BLOW BK I DOG



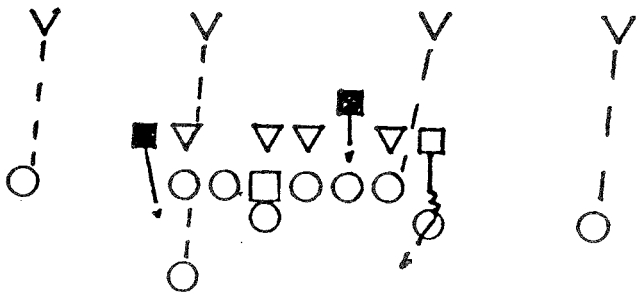
OVER 43 NKL LS 4 ST DOG



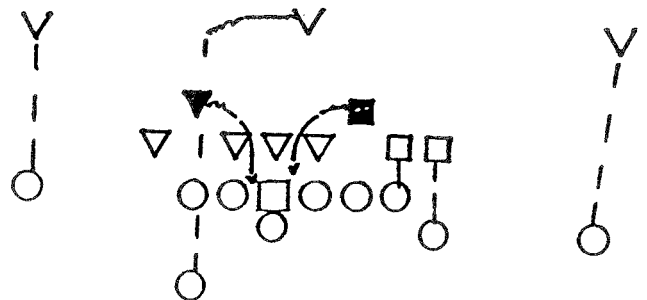
UNDER 43 NKL LW 4 WK DOG KEY



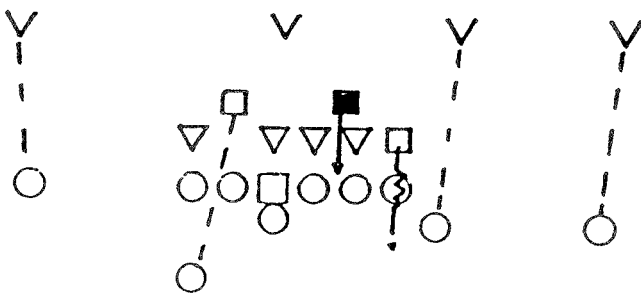
43 SOLID DUBS FIST MC BLOW DOG



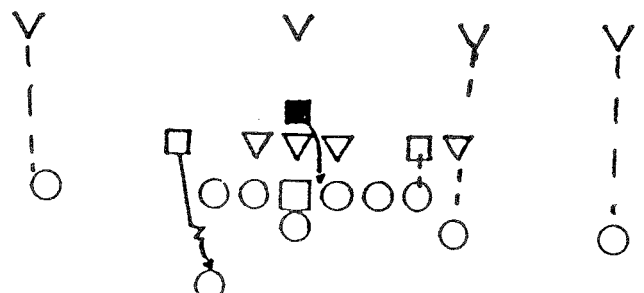
OVER 43 NKL LS 4 WK KEY BK I DOG



43 SOLID DUBS FIST BLOW DOG



OVER 43 NKL 4 ST DOG KEY



43 SOLID BIG DUB MC BLOW DOG

COVERAGES

COVERAGE TERMS

43 COVERAGES

34 COVERAGES

NICKLE COVERAGES

COVERAGE TERMS

BASIC	Normal coverage scheme and technique.
BALL ZONE	Defender drops to a given area...plays the ball.
BUTCH	Defender Dogs/Blitzes and engages the Back.
CLEO	Corner support...Zone funnel inside.
COMBO	Weak Safety involved in weak/strong coverage.
HANGAR	Extra defender hangs in middle.
I-0	In and Out Coverage on one or two Receivers. (4 AL)
INVERT	Weak Safety rotate short with Strong Safety deep.
* JAP RUSHER	Nickel defender blitz from outside the box.
KEY DOG	LBer rushes with coverage responsibility.
KEY BLITZ	Safety rushes with coverage responsibility
LOADED	All LBers drop in a 34...Mac strong in a 43.
LOCKED	Defender man on a Receiver all over the field.
MAN	Defender responsible for a Receiver..no help.
MATCH ZONE ✓	Defender zone drops, then plays Receiver man.
MOFC	Middle of the field closed.
MOFO	Middle of the field open.
NOSE	Defender aligned on Wide Receiver or Slot Receiver.
PATTERN READ	Defender reads Receiver's release for pattern look.
*PEAKER	Defender checks the QB/Route for defensive advantage.
PREVENT	Defenders cover off (Nose)..Play loose on Receivers.
PRESS	DB on top of a Receiver...usually man.
PRESS BAIL	DB show press, then drops to zone.
PURE ZONE	3 deep / 4 underneath.
SAM	SS Support - zone underneath
STUB	LBer support - zone underneath.
UNUSUAL LOOK	Special Defense.
USUAL LOOK	Consistent Defense.
ZONE	Defender drops to area of the field

COVERAGES

ZONE COVERAGE

- COVER 5 - Strong side zone MOFC
 5 SAM - SS support / zone outside
 5 STUB - St. OLBer support / zone outside
 5 CLEO - SC support / zone outside
 5 INVERT - Stub zone with WS St. hook / SS MOF.

- COVER 9 - Weak side zone MOFC
 9 JILL - WS support / zone outside
 9 BUCK - Wk. OLBer support / zone outside
 9 CLEO - WC support / zone outside

- KEY ZONE - Safeties key a Back for support play zone.
 5 SAM KEY - Sam support / zone outside
 5 STUB KEY - Stub support / zone outside
 9 JILL KEY - Jill support / zone outside
 9 BUCK KEY - Buck support / zone outside

- COVER 2 / ZORRO - Two deep zone underneath MOFO
 2 .. - Corners support / Safeties zone half
 2 SPOUT - Press strong / WS zone half

- NICKEL ZONE - 2 numbers / Strong 1st - Weak 2nd

COVERAGES

MAN COVERAGES:

- | | |
|-----------------|--|
| FIELDER | - WS free MOFC |
| FIELDER TAXI | - Double Receivers R.T./H.F. |
| FIELDER COMBO | - I-O Receivers Y-H |
| FIELDER KEY | - Safeties key a Back for support play man |
| MAN | - No WS MOFO |
| COVER 8 / MINN. | - Two deep man underneath - lock MOFO |
| NICKEL MAN | - Names |

COMBINATION COVERAGES:

- | | |
|---------|---|
| COVER 3 | - WS Strongside Combo - MOFO |
| 3Y | - Double the Y |
| 3B | - Double the Inside Receiver strong |
| 3Z | - Double the Outside Receiver Z |
| 3 Weed | - SC trap outside in |
| 3 Stick | - SC press man on Strongside Receiver Z |
| 3 Spout | - Press man/WS zone half |
| COVER 4 | - WS weakside Combo |
| 4 POW | - I-O Weakside Receive |
| 4 Stick | - WC press man on Weakside Receiver X |
| 4 Weed | - WC trap outside in |
| 4 Taxi | - Double Receivers R-T |
| 4 B | - Double Inside Receiver weak |
| 4 Cleo | - Man strong - Pattern read weak |

NICKLE COMBINATIONS - 2 Numbers -- Strong 1st - Weak 2nd

COVERAGES

DOG:

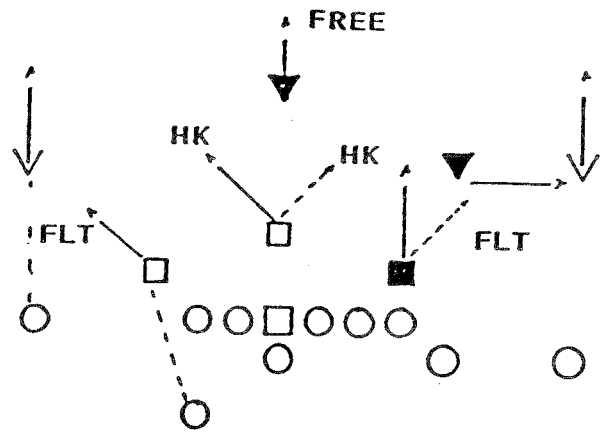
- 43 - One or more LBers rush with no cover responsibility
- 34 - Two or more LBers rush with cover responsibility
- Fielder Coverage MOFC
- Man/Combo cover MOFO
- Key Dog - LBer rush with cover responsibility
- 34 - One LBer rush is not considered Dog Cover.

BLITZ:

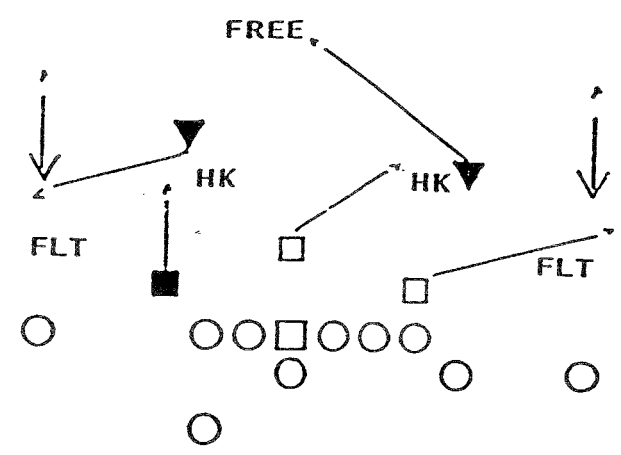
- DB rush with/without LBer No cover responsibility
- Fielder Coverage MOFC
- Man/Combo Coverage MOFO
- Key Blitz - DB rush with cover responsibility
- Zone - DB Blitz is not considered Blitz Cover

COVERAGE CATEGORIES:

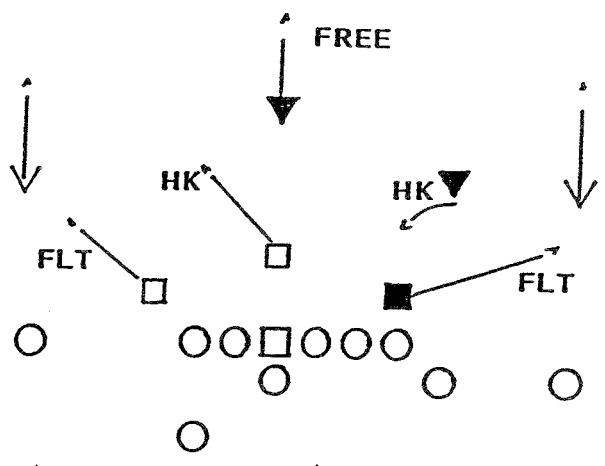
- ZONE
- MAN
- MIX - (Zone/Man)
- MOFC (Cov. 5 - 9 - Fielder)
- MOFO (Zorro - Minnesota - Man - Combo)
- MOFO - MOFC RATIO
- BASIC LOOKS - Normal scheme - technique
- USUAL LOOKS - Consistent defensive look
- UNUSUAL LOOKS - Special defensive look
- HOW JILL / SAM PLAY - Alignment - Coverage
- HOW CORNERS PLAY - Tight-Loose-Physical-Soft-Drop-Peek



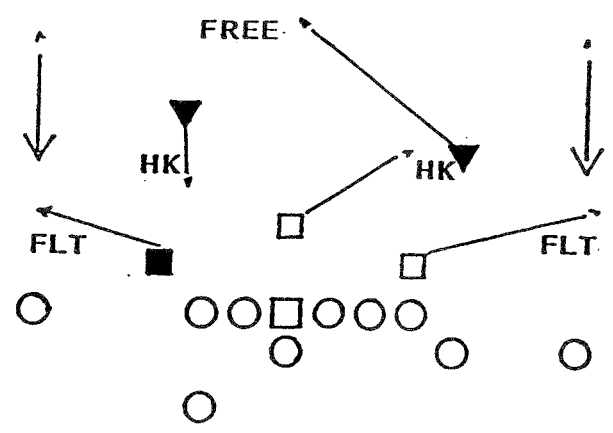
43 COV 5 SAM (Dot-Loaded)



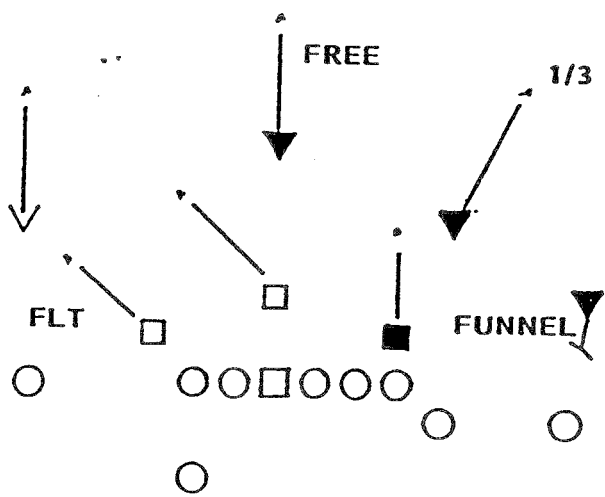
43 COV 9 JILL



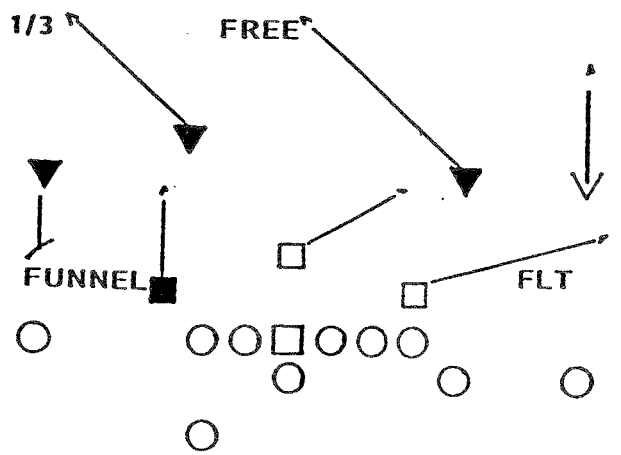
43 COV 5 STUB



43 COV 9 BUCK

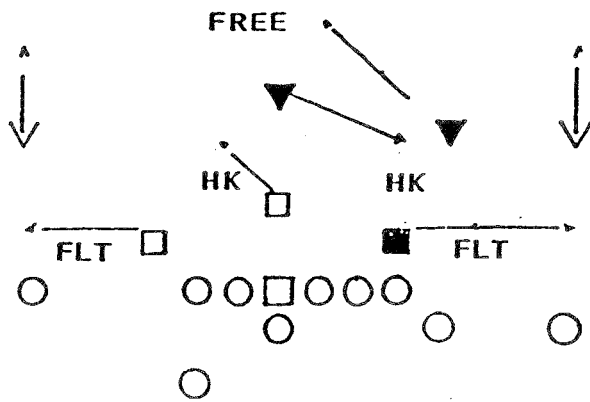


43 COV 5 CLEO

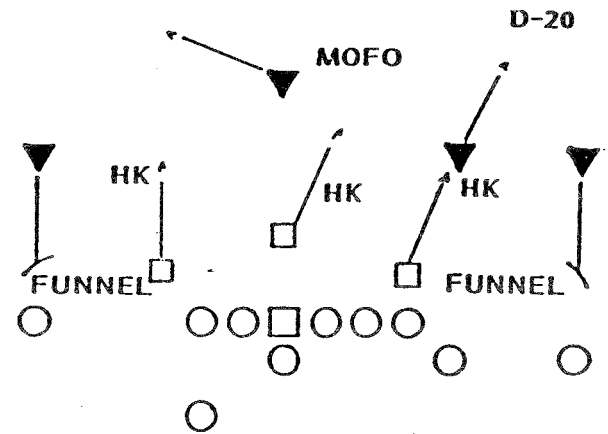


43 COV 9 CLEO

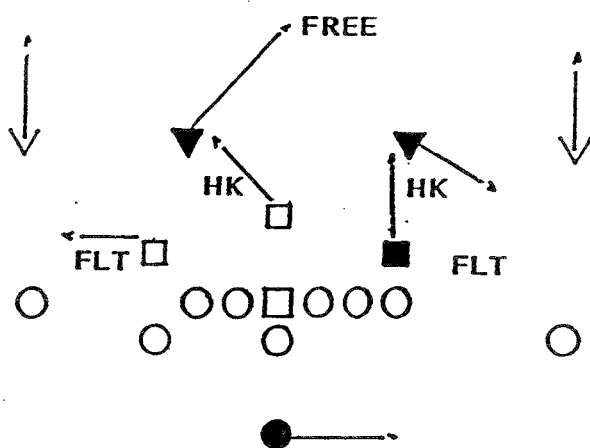
ZONE COVERAGE



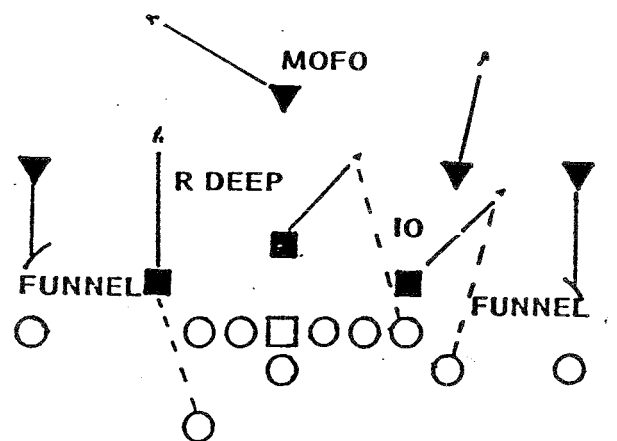
43 COV 5 INVERT



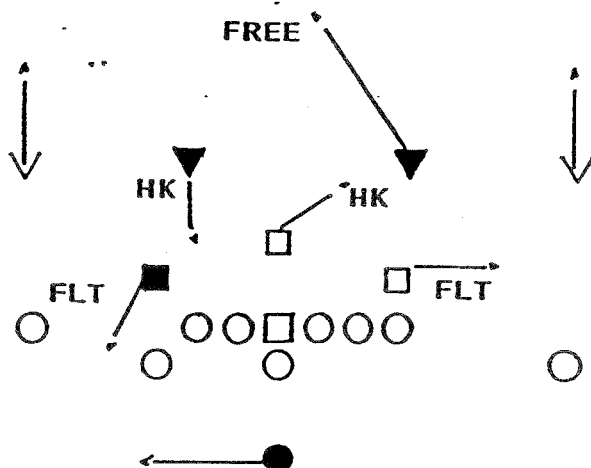
43 COV 2 (ZORRO) ZONE MOF



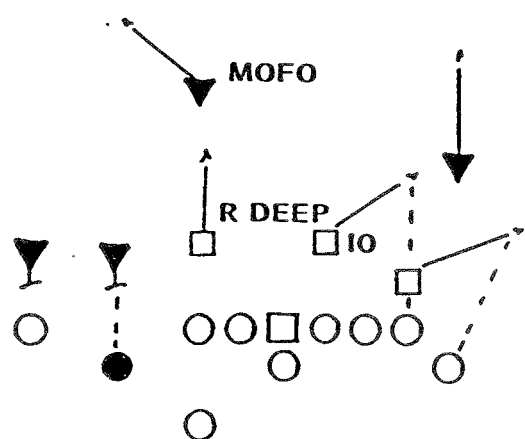
43 SAM KEY (9 JILL KEY WK)



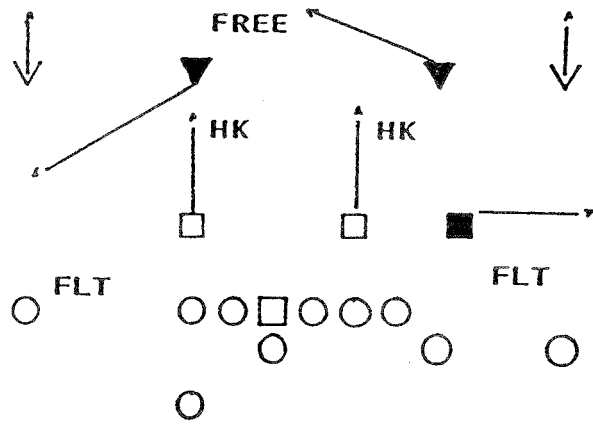
43 COV 2 (ZORRO) MAN MOF



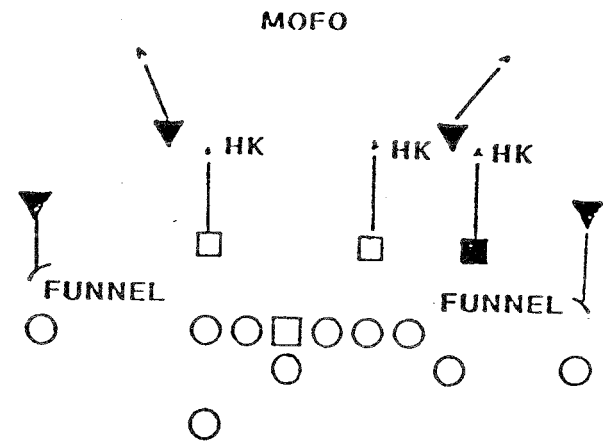
43 9 BUCK KEY (5 STUB KEY ST)



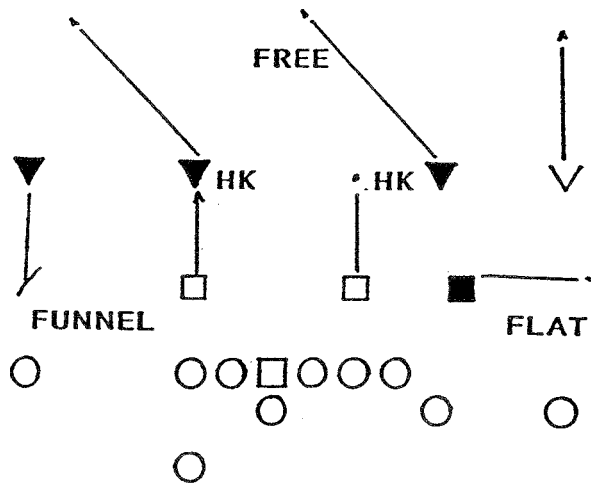
44 COV 2 SPOUT MAN B



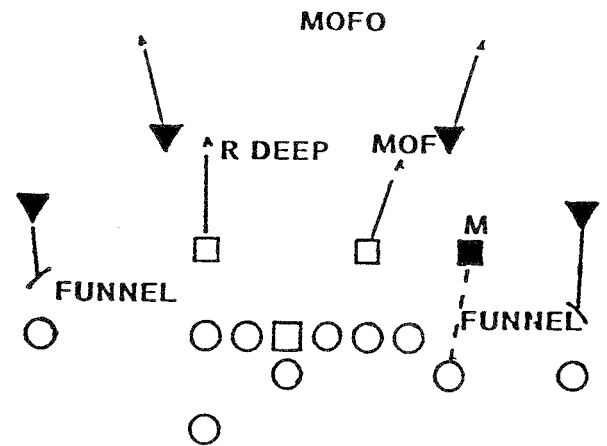
NKL COV 5 SAM 9 JILL



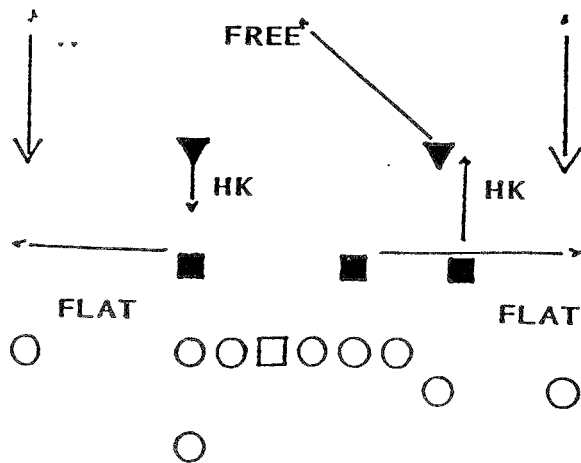
NKL COV 22 (ZORRO) ZONE MOF



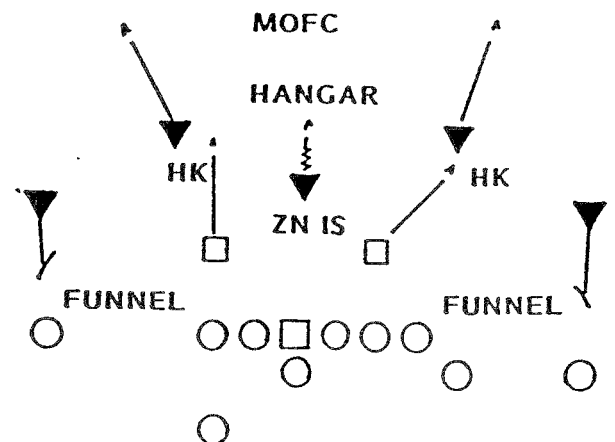
NKL COV 5 SAM 9 CLEO



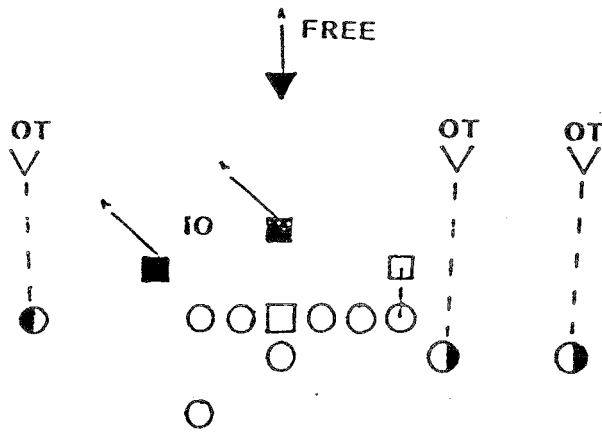
NKL COV 22 (ZORRO) MAN MOF



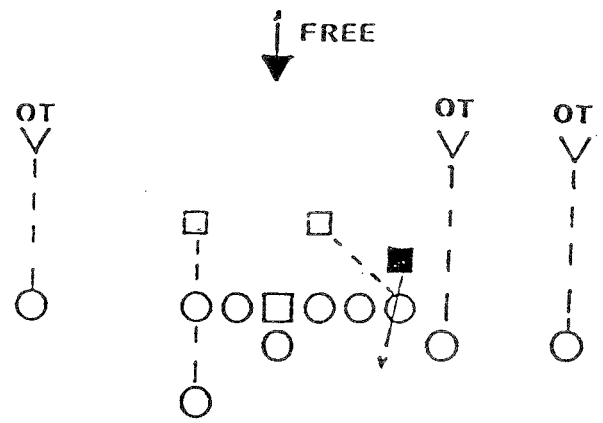
NKL COV 5 STUB 9 BUCK



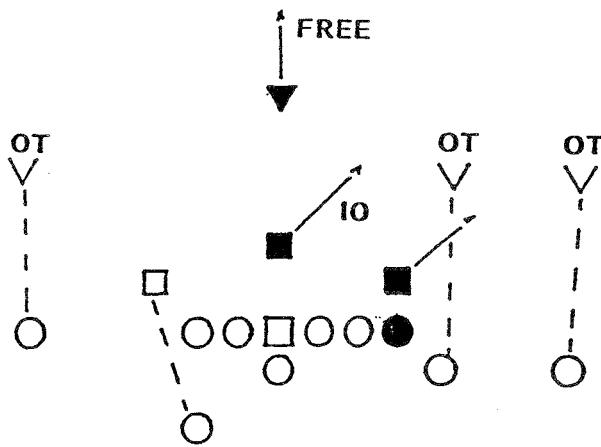
NKL COV 22 (ZORRO) HANGAR



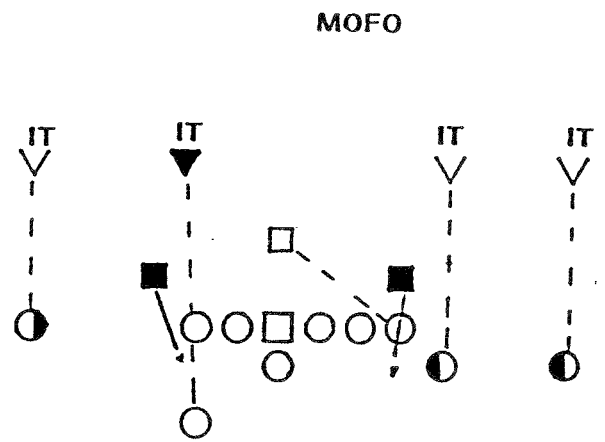
43 FIELDER TAXI R



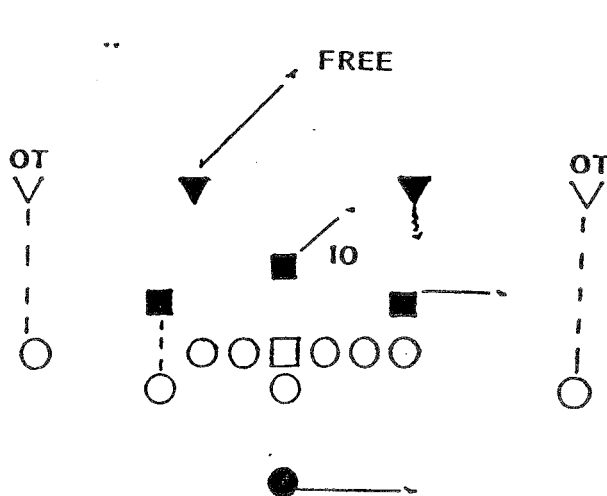
43 STUB DOG FIELDER



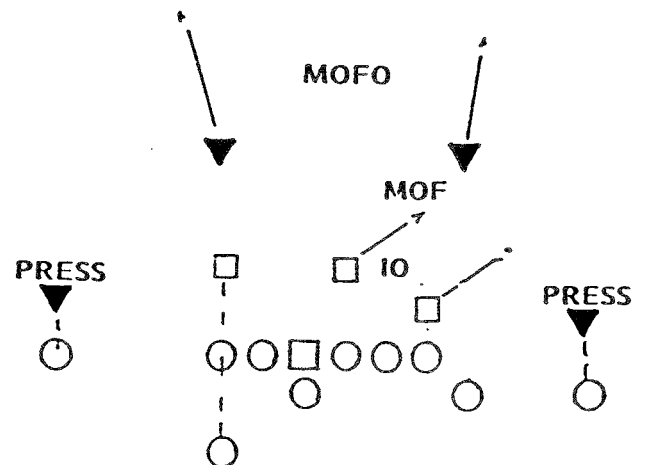
43 FIELDER COMBO Y



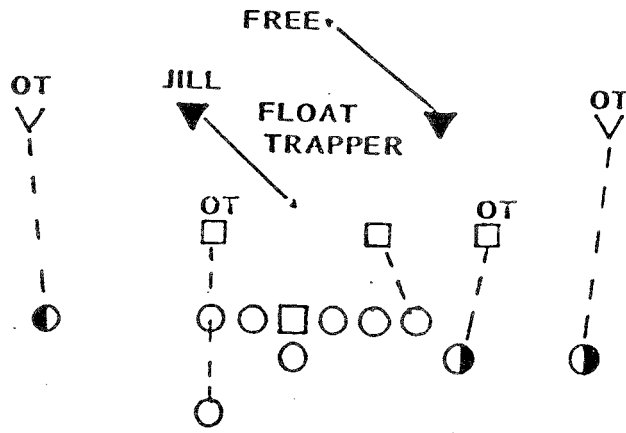
43 2D MAN



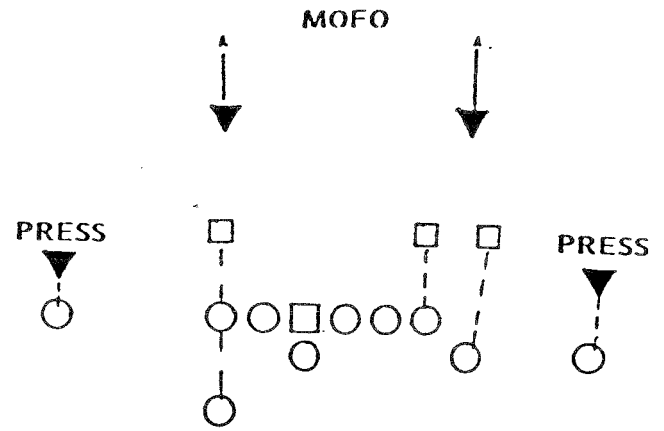
43 FIELDER KEY



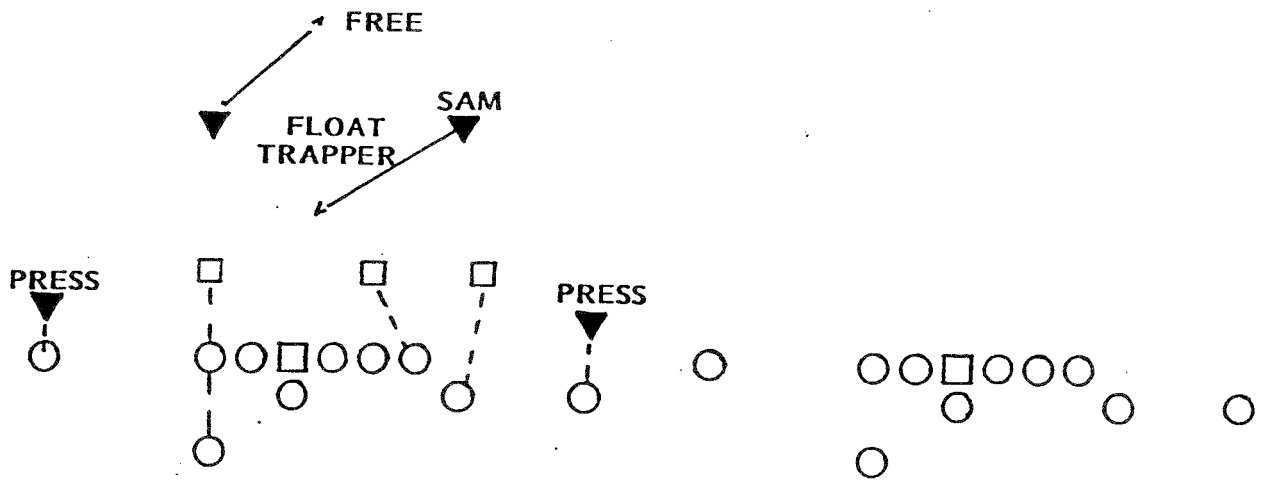
44 COV 8 (MINNESOTA) man under



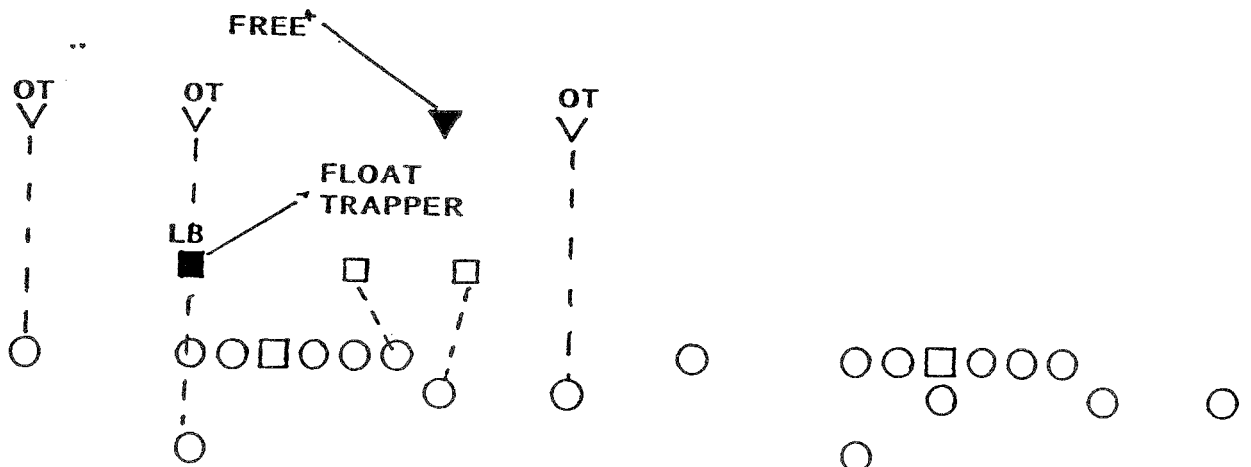
NKL COV FIELDER FREE



NKL COV 88 (MINNESOTA) MAN MOF



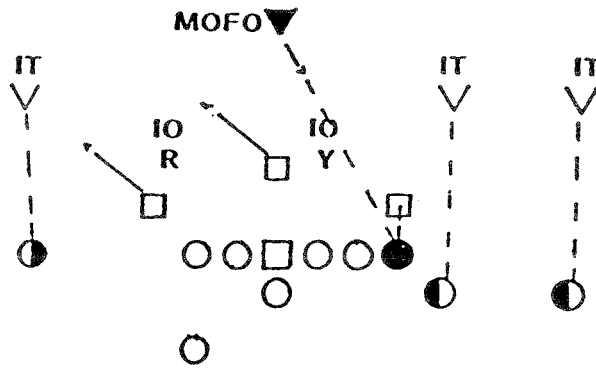
NKL COV FIELDER FREE PRESS



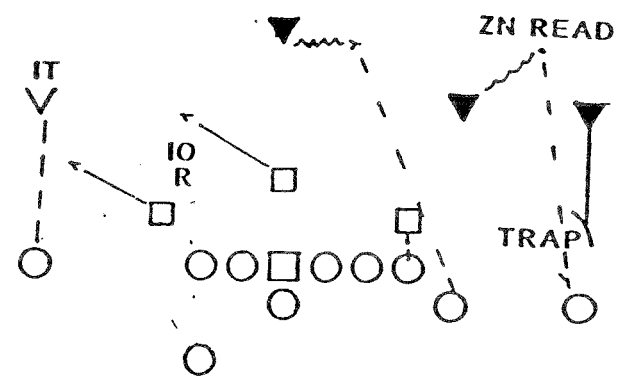
NKL COV FIELDER FREE LBR

COMBO COVERAGE

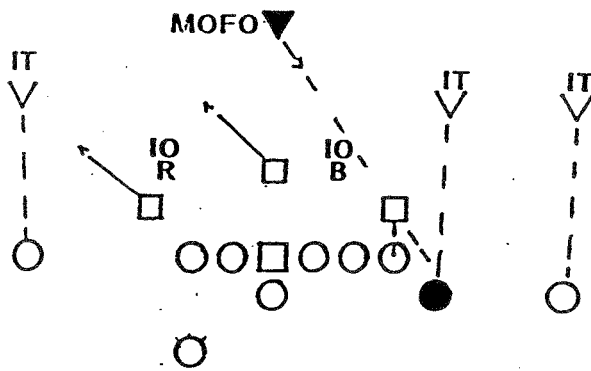
D-24



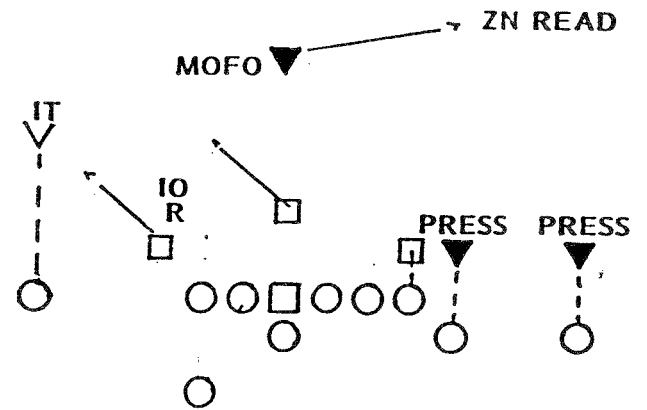
43 COV 3Y



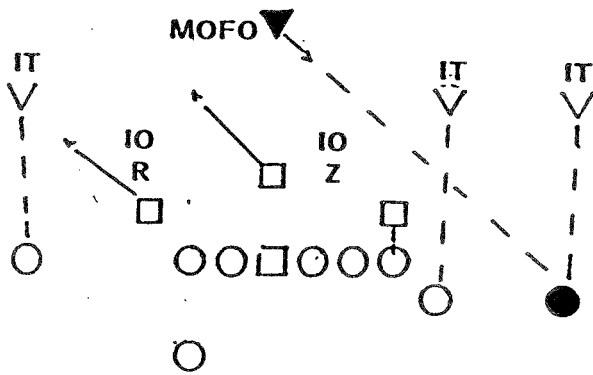
43 COV 3 WEED SC.TRAP



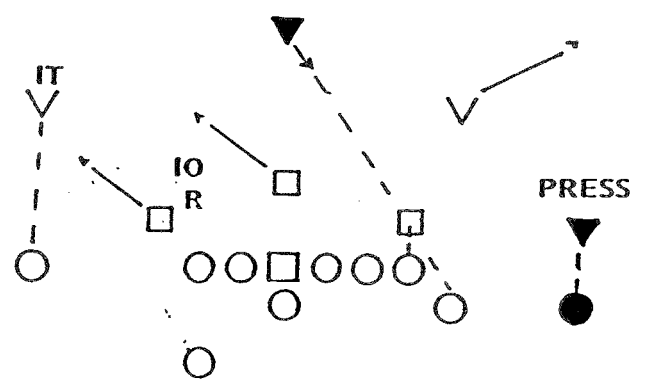
43 COV 3 B



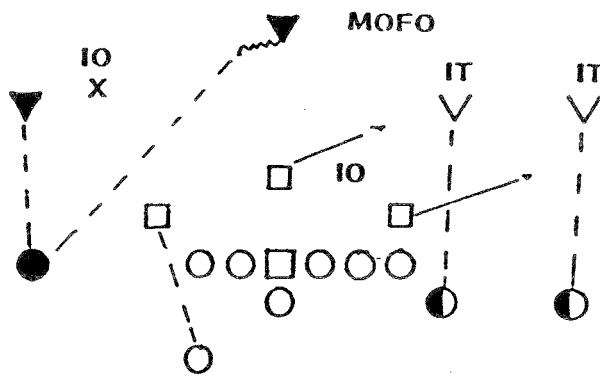
43 COV 3 SPOUT



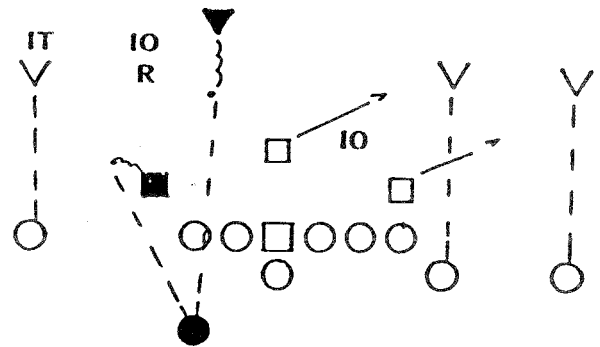
43 COV 3 Z



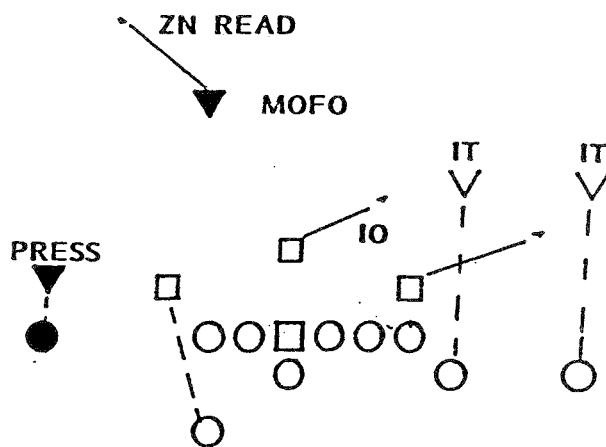
43 COV 3 STICK



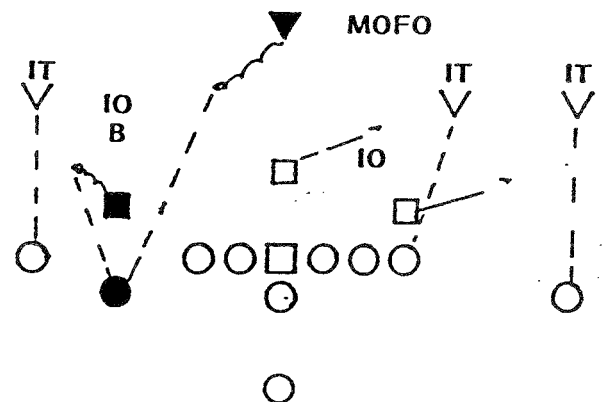
43 COV 4 POW



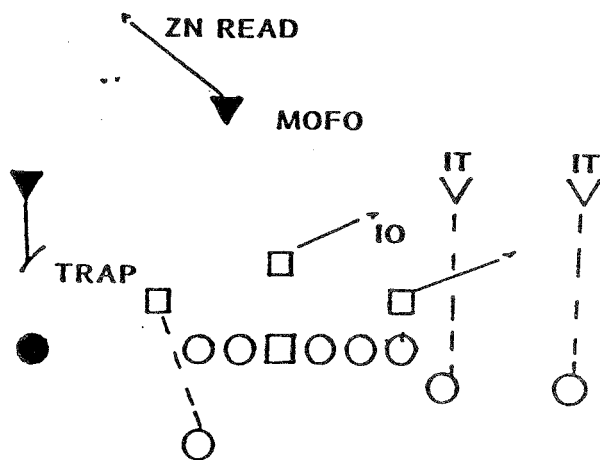
43 COV 4 TAXI R



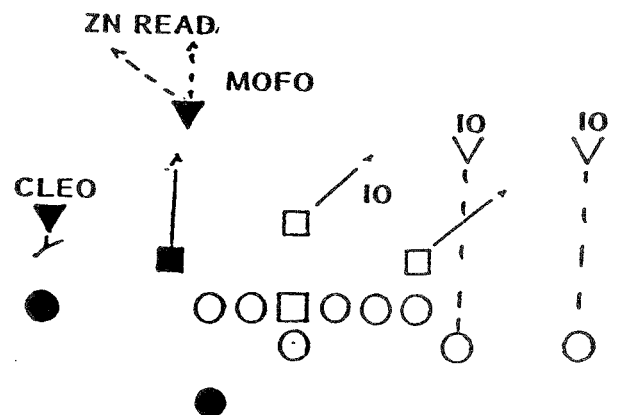
43 COV 4 STICK



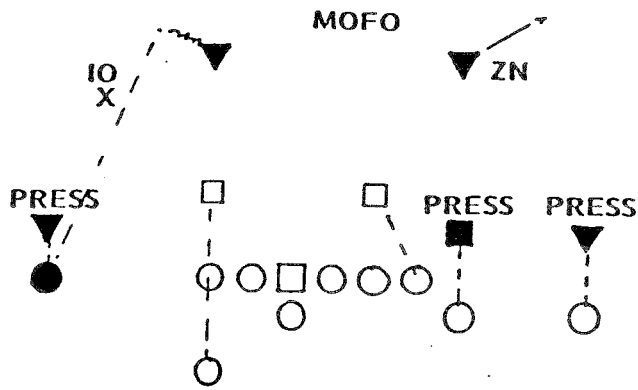
43 COV 4 B



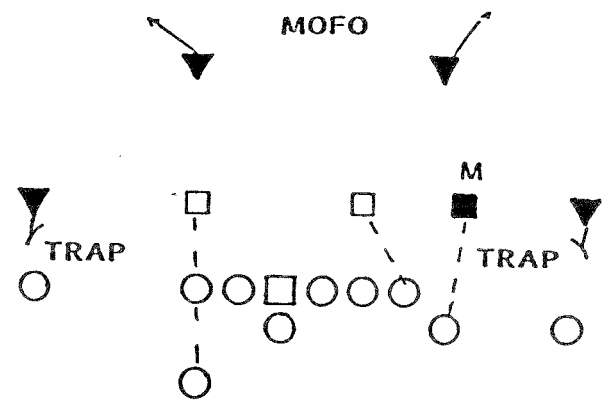
43 COV 4 WEED WC-TRAP



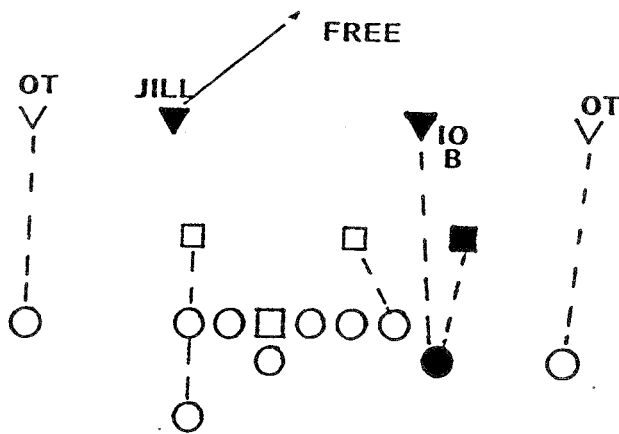
43 COV 4 CLEO READ R RELEASE



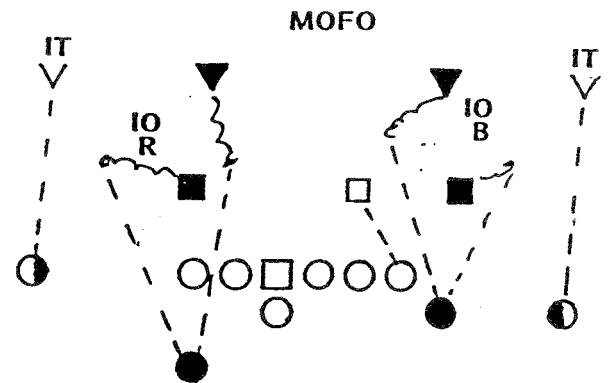
NKL COV 3 SPOUT 4 POW



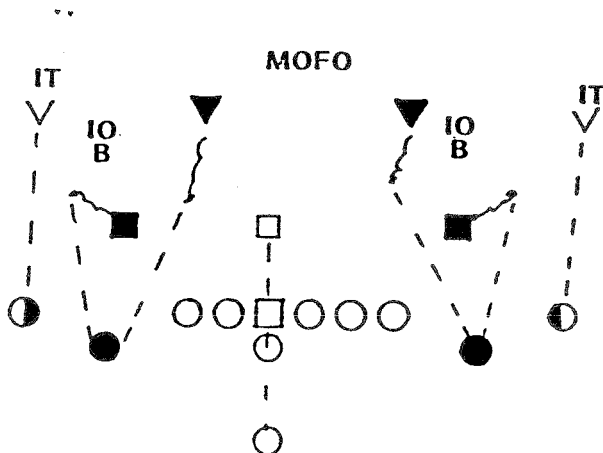
NKL COV 3 WEED 4 WEED



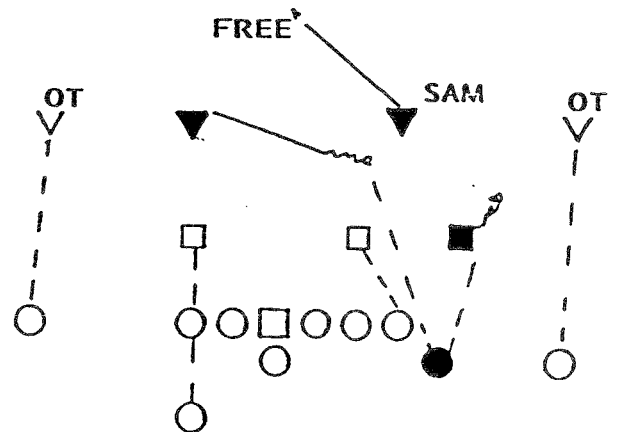
NKL COV 3B FIELDER



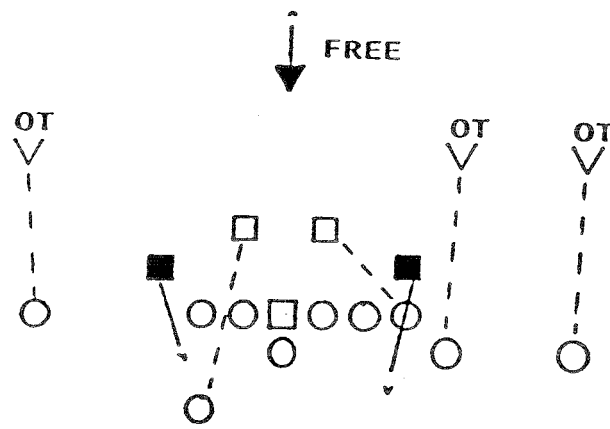
NKL COV 3B 4 TAXI R



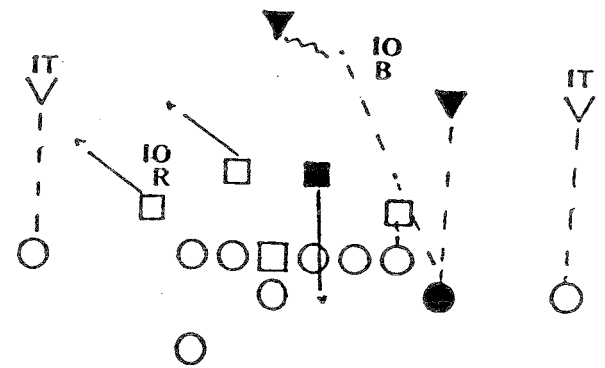
NKL COV 3B 4B



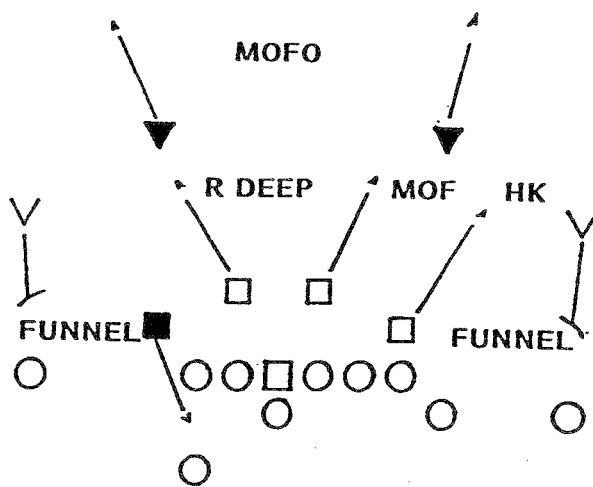
NKL COV 3B FIELDER



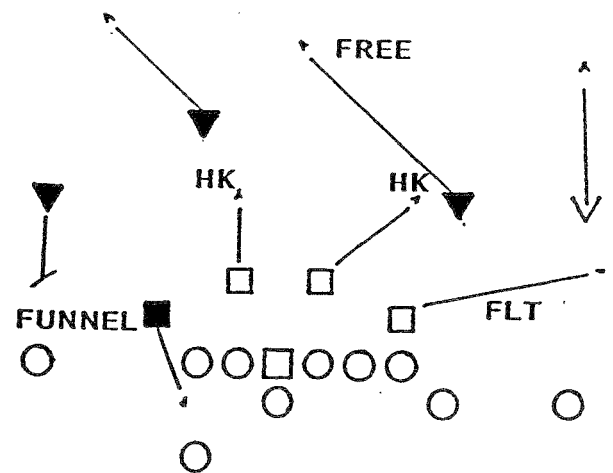
34 2D COV FIELDER



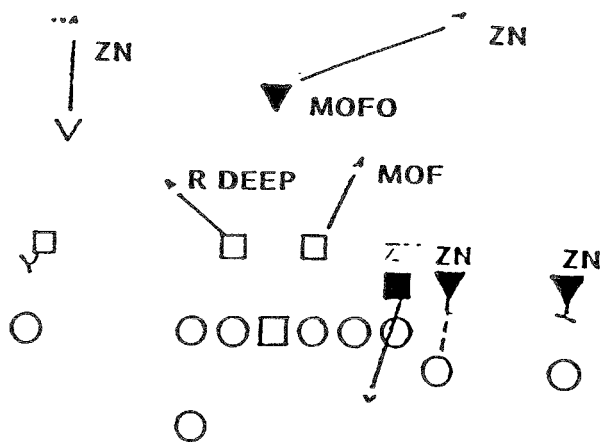
34 MC I COV 3B



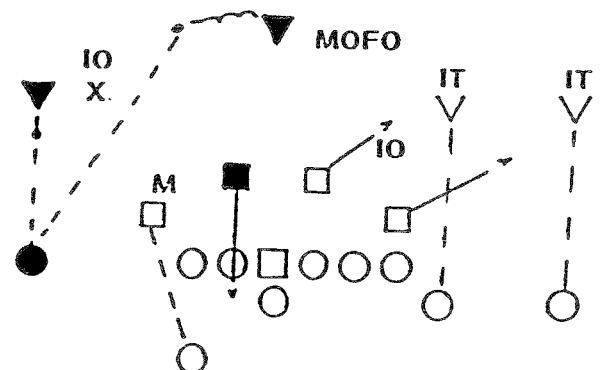
34 BK I COV 2 (ZORRO)



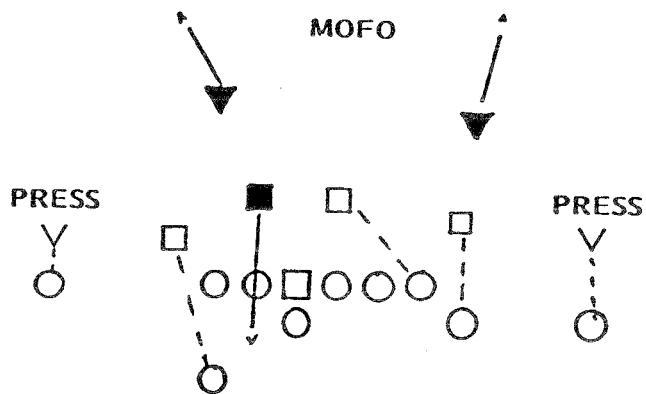
54 BK I COV 9 CLEO



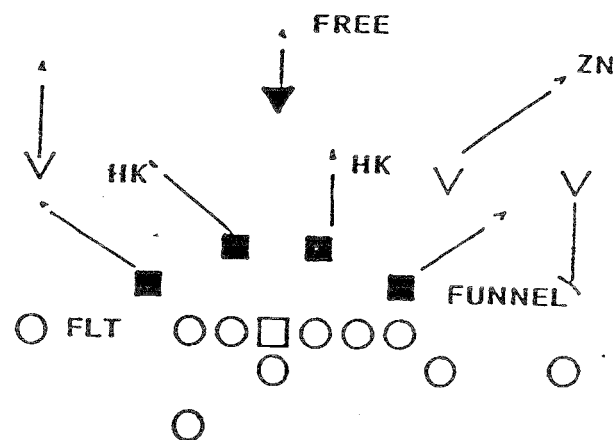
34 BK WALK STUB I COV 2 SPOUT



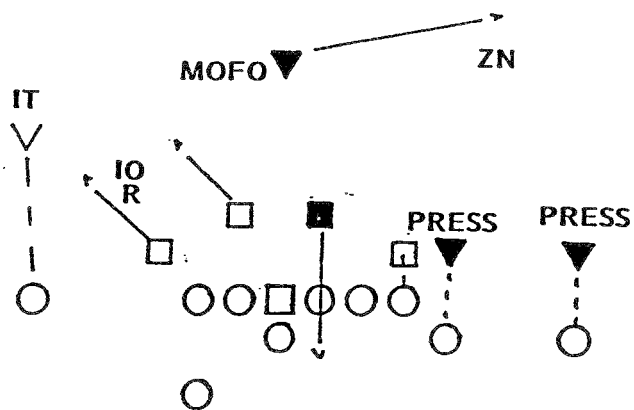
34 MC I COV 4 POW



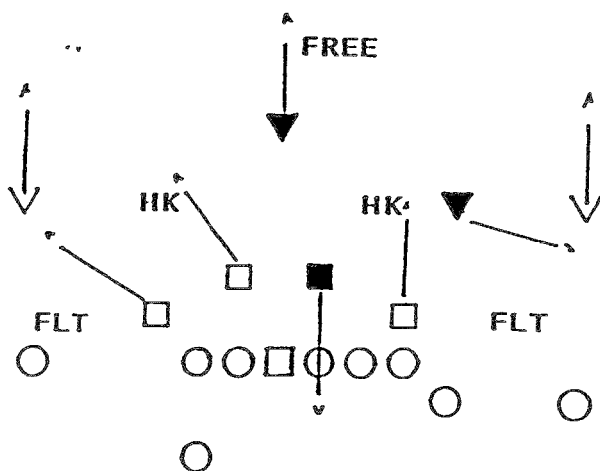
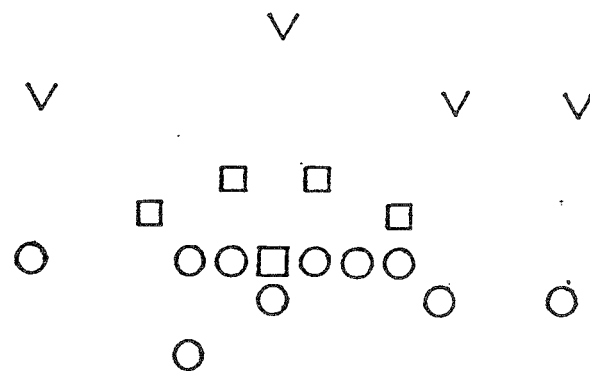
34 MC I COV 8 (MINNESOTA)



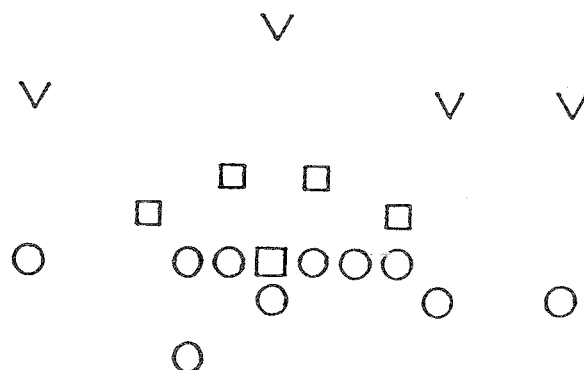
34 COV 5 CLEO LOADED

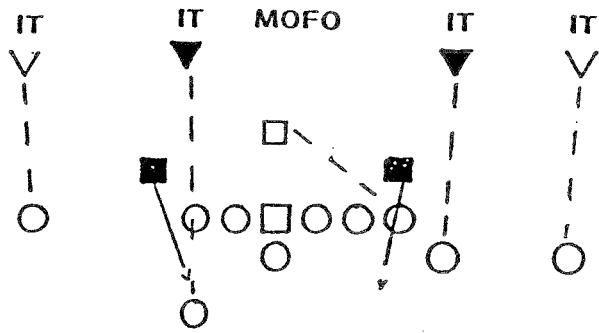


34 MC I COV 3 SPOUT

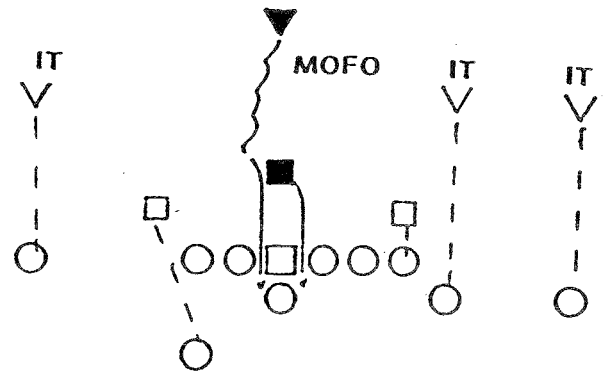


34 MC I COV 5 SAM

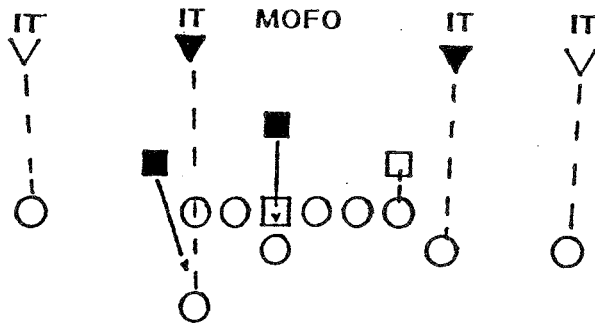




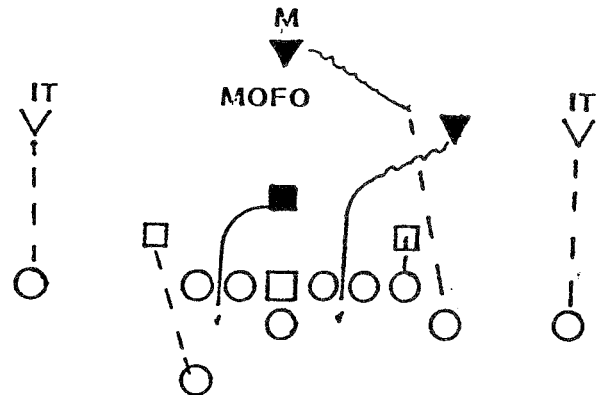
43 2D DOG MAN



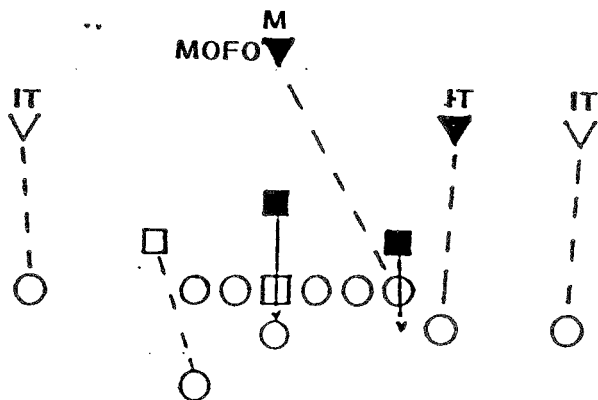
43 MC I JILL BLOW BLITZ MAN



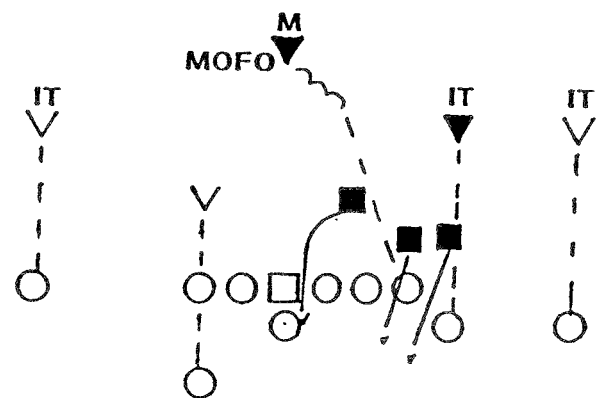
43 BLAST DOG MAN



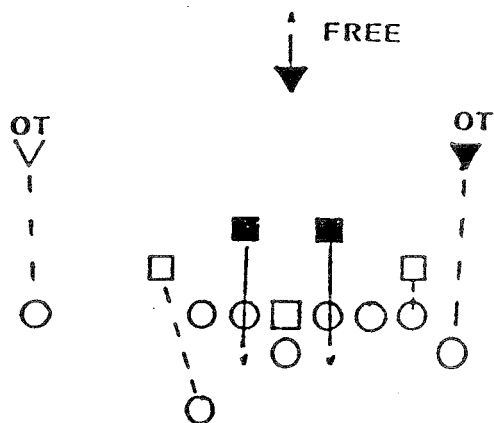
43 MC - SAM DIVIDE BLITZ MAN



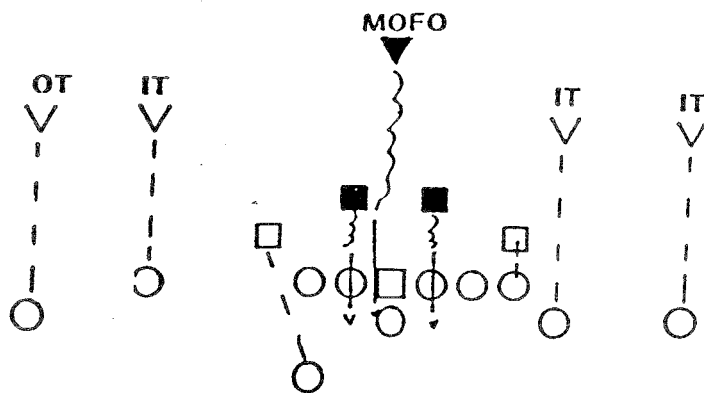
43 SMACK DOG MAN



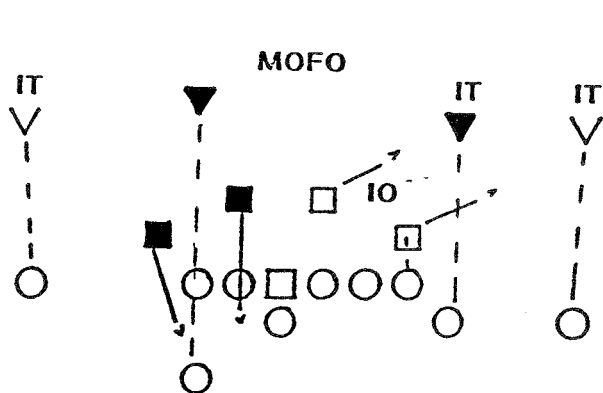
43 SOLID DURS FIST 2D MC BLOW DOG MAN



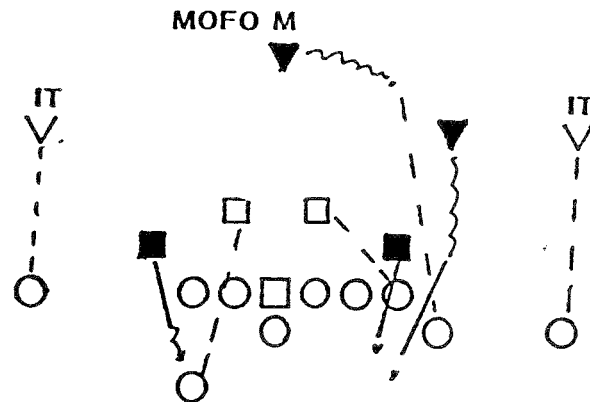
34 MC I - MK I DOG FIELDER



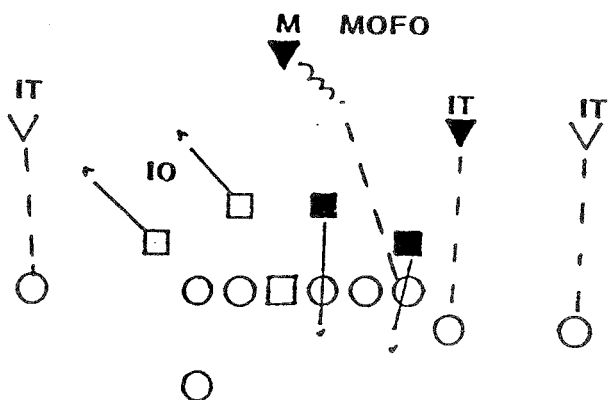
34 MC I MK I JILL BLOW BLITZ MAN



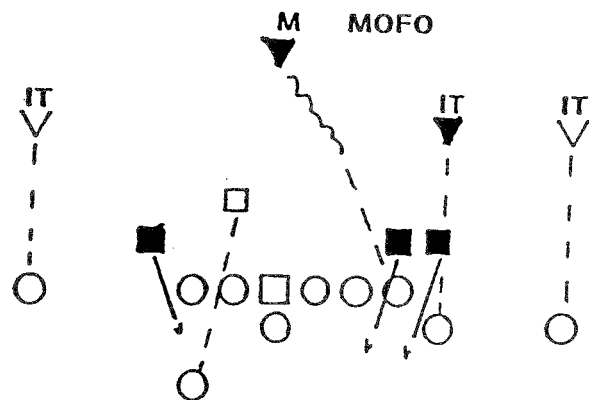
34 BLAST DOG MAN



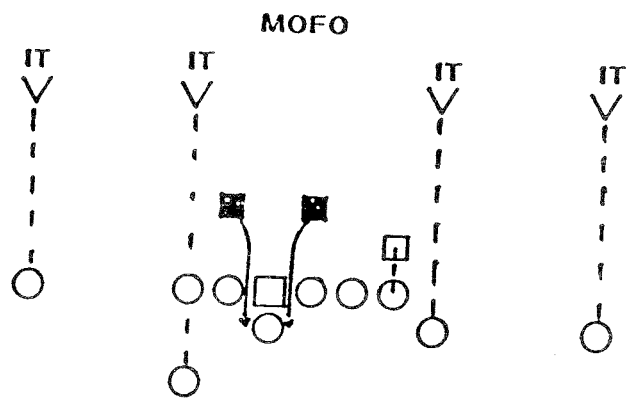
34 2D SAM I BLITZ MAN



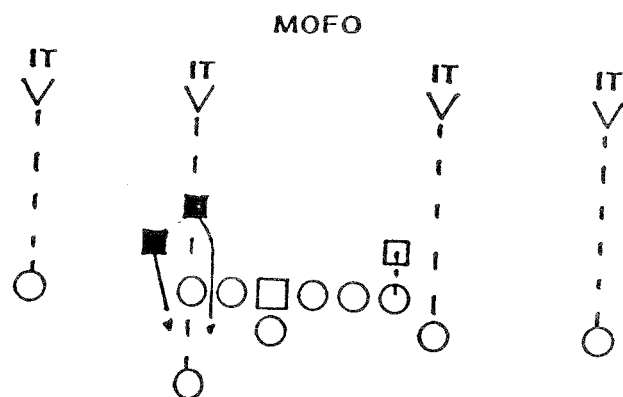
34 SMACK DOG MAN



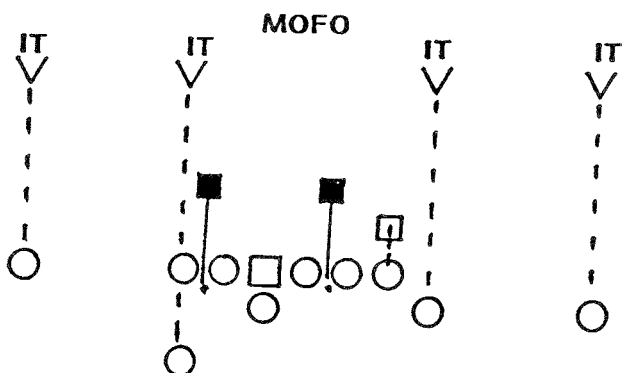
34 SOLID DUBS FIST 2D DOG MAN



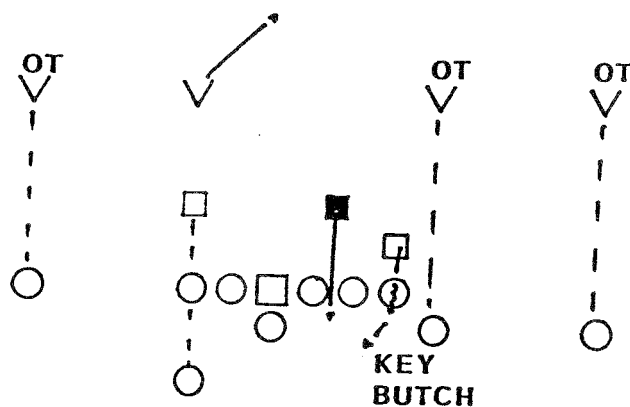
EVEN 43 NKL LS BLOW DOG MAN



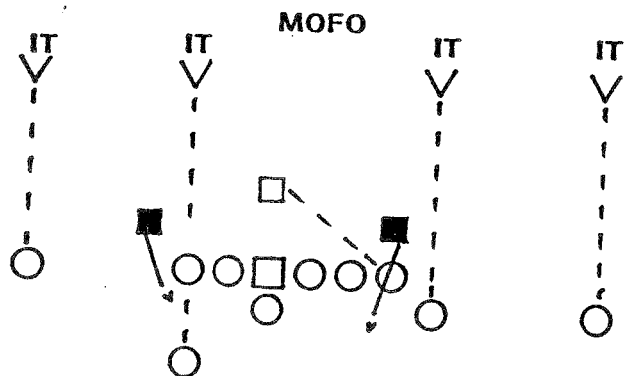
EVEN 43 NKL LW 4 WK DOG MAN



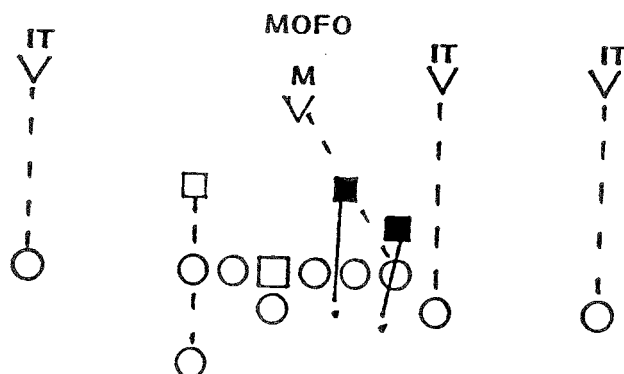
EVEN 43 NKL LS DIVIDE DOG MAN



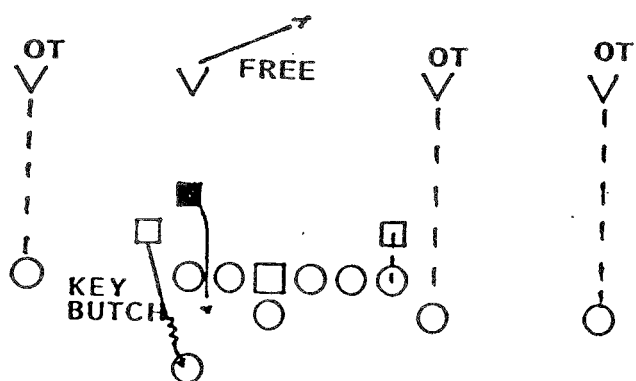
EVEN 43 NKL LS 4 ST DOG KEY FIELDER



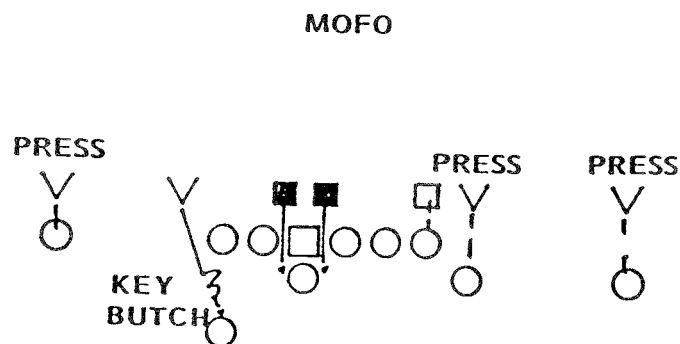
EVEN 43 NKL LS 2D DOG MAN



EVEN 43 NKL LS 4 ST DOG MAN



EVEN 43 NKL LW 4 WK KEY DOG FIELDER



EVEN 44 NKL LS.LW HW.4S BLOW KEY MAN

